

## North African Vegetable Stew

**Serves: 4 - 6**

### **Ingredients:**

3 tbsp. coconut oil  
1 onion, finely chopped  
2 cloves garlic, minced  
2 tbsp. curry powder  
½ tsp. cinnamon  
½ tsp. ground ginger  
¾ tsp. salt  
½ tsp. fresh cracked pepper  
2 tomatoes, chopped  
3 c. vegetable stock or chicken stock  
1 lb. kabocha, peeled and chopped  
1 large carrots, chopped  
1 large purple potato, chopped  
½ bunch cilantro, finely chopped

options: Addition of 8 oz. kidney beans, fava beans, lamb or chicken

### **Method:**

1. Sweat onions and garlic in oil until translucent.
2. Add spices, salt and pepper and stir for minute. Add tomatoes and cook moisture down a bit.
3. Add vegetables, stock and beans (if using). Bring to a boil. Add water if needed to submerge ingredients.
4. Reduce heat to a simmer for at least 1 hour, or until vegetables almost lose their crunch. Add meat if using and continue simmering about 15 minutes or until cooked through.
5. Remove from heat and add cilantro.