

## Moroccan Chickpea Stew - Taste of Home

Makes 4 Servings

Preparation: 10 min, Cook Time: 20 min

Recipe: by Heather Demeritte

Source: <https://www.tasteofhome.com/recipes/easy-moroccan-chickpea-stew/#RecipeCard>

*This Moroccan stew has become one of my favorite meatless dishes. It is very flavorful, satisfying, and best of all made in one pot in 30 minutes. It has been tested by the Test Kitchens of Taste of Home. After trying their recipe, I felt it needed garlic. Other than the garlic the recipe is the Taste of Home recipe.*



**1 tablespoon olive oil**  
**2 cups peeled and cubed butternut squash,**  
**1/2-inch cubes**  
**1 large onion, chopped**  
**1 large sweet red pepper, chopped**  
**3 cloves garlic, minced**  
**1 teaspoon ground cinnamon**  
**1/2 teaspoon pepper**

**1/4 teaspoon ground ginger**  
**1/4 teaspoon ground cumin**  
**1/4 teaspoon salt, or to taste**  
**1 (15-ounce) can garbanzo beans, undrained**  
**1 (14 1/2-ounce) can diced tomatoes**  
**1 cup water**  
**chopped cilantro, optional**

1. In a Dutch oven, heat 1 tablespoon of olive oil over medium-high heat.
2. Add 2 cups of peeled and cubed butternut squash, 1 large chopped onion, and 1 large chopped sweet red pepper. Cook and stir for about 5 minutes, or until the onion is translucent and the red pepper is crisp-tender. Add garlic and cook 1 minute. Stir in 1 teaspoon ground cinnamon, 1/2 teaspoon pepper, 1/4 teaspoon ground ginger, 1/4 teaspoon ground cumin, and 1/4 teaspoon salt (or to taste) until the seasonings are well blended.
3. Add 1 (15-ounce) can of rinsed and drained garbanzo beans, 1 (14 1/2-ounce) can of diced tomatoes (undrained), and 1 cup of water.
4. Bring the mixture to a boil, then reduce the heat to low. Cover the Dutch oven and simmer for about 8-10 minutes, or until the squash is tender.
5. If desired, top the stew with chopped cilantro before serving.