

## Moroccan-Inspired Sweet Potato & Chickpea Stew

### Ingredients:

- 1 tablespoon extra virgin olive oil
- 1 small yellow onion, diced (about 1 cup)
- 4 cloves garlic, minced
- 1-inch knob ginger, peeled and minced
- 1 tablespoon ground sumac
- 1 teaspoon ground cumin
- 1/2 teaspoon ground coriander
- 1 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1/4 teaspoon cayenne pepper (optional)
- 1 15-ounce can of chickpeas, drained & rinsed well (or 1 cup dried chickpeas, soaked overnight)
- 2 sweet potatoes, large dice (bite-sized, peel if not organic)
- 1 15-ounce can of diced tomatoes
- 1/2 cup all natural peanut butter (creamy or crunchy)
- 2 cups vegetable broth

### Procedure:

1. Heat the olive oil in a large Dutch oven or deep pot over medium heat until shimmering. Add onion, spread into even layer and cook for 2 minutes without stirring to brown the onion. Stir and cook for another 2-4 minutes until onion is translucent.
2. Add garlic and ginger, stirring constantly for about 30 seconds. Add spices: sumac, cumin, coriander, salt, black and cayenne pepper (if using). Stir constantly for 1 minute until fragrant.
3. Add chickpeas, sweet potatoes, diced tomatoes, peanut butter, and vegetable broth. Bring to a boil, reduce heat to low and simmer for 20-30 minutes until sweet potatoes are cooked through.
4. Serve over rice or quinoa.