

# Moroccan Chickpea Stew

4 SERVINGS 20 MINUTES



## INGREDIENTS

- 1/2 cup Vegetable Broth
- 2 Yellow Onion (medium, diced)
- 2 cups Chickpeas (cooked, rinsed)
- 1 1/2 tsps Sea Salt
- 1 tsp Turmeric
- 1/2 tsp Cinnamon
- 1/2 tsp Cardamom
- 1/4 tsp Cayenne Pepper
- 3 Tomato (large, diced)
- 1/2 cup Parsley
- 1/3 cup Pitted Dates (chopped)

## NUTRITION

### AMOUNT PER SERVING

Calories	213	Carbs	42g
Fat	2g	Protein	9g

## DIRECTIONS

- 01 Add the broth and the onions to a pot over medium heat. Cook for about 3 minutes until the onions begin to soften. Add the chickpeas, salt, turmeric, cinnamon, cardamom, and cayenne pepper. Continue to cook for 3 more minutes.
- 02 Add the tomatoes, parsley, and the dates to the pot and stir to combine. Reduce the heat to medium-low and cover the pot with a lid. Cook for 10 minutes, stirring occasionally.
- 03 Divide between bowls and enjoy!