

Monthly
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Simply Seasonal

Moroccan Stew

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Moroccan Stew

Ingredients

- 2 Tbsp olive oil
- *1 cup onion, chopped
- 2 Tbsp ginger, miced
- *2 cloves garlic, chopped
- 1 tsp curry powder
- 1/2 tsp salt
- *2 cups eggplant, cut into 3/4" cubes
- *2 cups ripe tomatoes, chopped
- *2 cups zucchini, cut in half and sliced
- *1 cup mushrooms, sliced
- 3/4 cup water
- 1/2 cup raisins
- *2 Tbsp cilantro, chopped
- 2 cups couscous or quinoa
- *can be found locally

Directions

1. In a large saucepan, combine oil, onion, ginger and garlic. Cook until onion is softened.
2. Add curry powder and salt; cook 1 minute.
3. Add remaining ingredients, except raisins, cilantro and couscous or quinoa. Bring to a boil.
4. Reduce heat, cover and cook 20-25 minutes or until vegetables are tender.
5. Stir in raisins and cilantro. Heat through.
6. Season to taste.
7. Serve over couscous.