

# MOROCCAN STYLE

## VEGETABLE STEW



### INGREDIENTS

2	tbsp. olive oil	1/2	tsp. ground cinnamon	2	celery stalks, diced
1	Spanish onion, diced	1	bell pepper, chopped	1	carrot, peeled and diced
2	cloves garlic, minced	1/2	cup raisins	1	zucchini, 3/4 in. diced
1/2	in. ginger, minced	1	tomato, diced	1	yellow squash, 3/4 in. diced
1	tsp. cumin	3	cups sweet potato, chopped	5	cups vegetable broth
1/2	tsp. ground turmeric	2	cups turnips, peeled and chopped	2	tsp. lemon juice
1/2	tsp. ground coriander				Salt to taste
1/2	tsp. ground nutmeg	2	cups cauliflower, broken into florets		Cilantro, chopped for garnish
1/2	tsp. cayenne pepper				

### DIRECTIONS

- In a large saucepan heat the olive oil over medium heat. Add the onion and cook until they are translucent. Add the garlic and ginger and stir for about 30 seconds. Add the cumin, turmeric, raisin, coriander, nutmeg, cinnamon, and cayenne pepper.
- Stir until the spices are fragrant then add the bell peppers and cook until they are soft. Add the tomatoes, sweet potatoes, turnip, cauliflower, carrots, zucchini, yellow squash, and celery. Then add the vegetable broth to the vegetables, bring to a boil and then reduce to a simmer.
- Cook covered for about 30 minutes. Then remove the cover and cook uncovered for about 15 minutes or until all the vegetables are cooked through.
- Stir in the lemon juice and season to taste with salt. Garnish with chopped cilantro and enjoy!