

North Africa Squash and Chickpea Stew

From the kitchen of Marian Kimball Eichinger, LAc

Recipe from River Cottage Veg, by H. Fearnley-Whittingstall

Serves 6



INGREDIENTS

2 Tablespoons olive oil
2 large onions, diced
2 garlic cloves, chopped
1 celery stalk, chopped
1 tsp turmeric
1/2 tsp cinnamon
1/2 tsp ground ginger
Salt and pepper
1/2 cup red lentils

1 (14oz) can chickpeas, drained and rinsed
1 can tomato sauce (or 2 cups homemade)
A handful of chopped parsley
A bunch of cilantro, chopped
One large butternut squash (or equivalent)
5 cups vegetable stock
1 bay leaf
2 oz. orzo or rice

DIRECTIONS

Heat oil in a large pot over medium heat. Add onions and saute until starting to turn brown. Turn the heat down to medium-low and add the garlic, celery, turmeric, cinnamon, ginger and 1 tsp black pepper. Saute for a few minutes.

Now add the red lentils, chickpeas, tomato sauce, parsley and about half the cilantro. Cook over low heat for 15 minutes.

Meanwhile, peel and seed the squash and cut into large cubes. Add squash to the pot with the vegetable stock and bay leaf. Cover and simmer gently for about 30 minutes. Add the pasta and simmer until it is cooked. Season with salt and pepper to taste.

Serve immediately, topping with chopped cilantro.