

Moroccan Vegetable Stew

1 onion, coarsely chopped
4 cloves garlic, minced
1 globe eggplant, cut into 1/2 inch cubes
1 medium sweet potato, peeled and cut into 1 inch cubes
2 medium zucchini, cut into 1-inch pieces
2 medium yellow squash, cut into 1-inch pieces
1 can diced tomatoes
1 c. garbanzo beans
1/4 c. currants or raisins
1/4 c. chopped parsley
2 t. extra virgin olive oil
1 T. ground cumin
1 T. cinnamon
1/2 t. turmeric
1 t. paprika
1/8 t. cayenne
3/4 t. sea salt
1/2 t. ground black pepper

Sauté the onion, garlic, and spices for three minutes. Add eggplant and sweet potatoes and sauté for 3 minutes. Add all other ingredients except for currants and parsley. Simmer until all vegetables are tender (about 30 minutes). Add currants and parsley and serve over couscous.