



Moroccan Chick Pea Tagine with Greens

A **tagine** is actually a unique type of ceramic or clay cookware that's popular in North Africa. It is a circular shallow dish with a wide bottom, used for both cooking and serving. It is also the name of the exotic, spiced stew popular in Morocco which they cook in this pot. Simmering the vegetables in the spices creates a blend of flavors that are sweet and savory. I did not have a real tagine so I used a cast iron pan. I prefer the dish with more vegetables and less beans but you can add more beans if you prefer.

- 1 tsp ground cumin seeds (use whole seeds for best flavor)
- 1 tsp ground coriander seeds (use whole seeds for best flavor)
- ½ tsp red pepper flakes (adjust for your own taste)
- 1 tsp turmeric
- 1 tsp cinnamon
- ¼ tsp black pepper
- ½ tsp celtic sea salt
- 2 Tb olive oil or ghee
- ½ cup shallots sliced
- 4 cloves garlic chopped
- 2 Tb tomato paste
- 3 cups vegetable or chicken stock
- 2 cup carrots peeled and diced

1 cup turnips cut diced
1 Tb lemon zest
½ cup green olives pitted and sliced
1 cup of organic canned chick peas rinsed and drained
¼ cup golden raisins
2 cups kale or Swiss chard chopped into bite size pieces
3 Tb parsley
1 Tb lemon juice

- Toast the cumin and coriander seeds for 1 minute in a dry pan. Grind if using whole seeds and measure. If using already ground spices roast for a minute. Then put the spices in a small bowl and mix with the turmeric, cinnamon, red pepper flakes, black pepper and sea salt.
- Heat a large cast iron pan or deep skillet. Add the oil, shallots and garlic. Cook on medium until the shallots begin to get soft about 3-4 minutes.
- Turn down the heat to low, add spices, tomato paste, stock, carrots, lemon zest, turnips and chick peas. Cover and simmer 10 minutes until the turnips are tender.
- Add the olives and raisins. Simmer for about 5 minutes to reduce the liquid.
- Add the kale or Swiss chard and simmer until greens are tender, 3 minutes.
- Add parsley and lemon juice. Cover and remove from the heat.
- Let sit for a few minutes to allow flavors to develop. Taste and adjust salt if needed.
- Serve in bowls by itself or with millet or quinoa when not on the cleanse.