



## 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 pot, so I used a cast iron pan. I made the dish with more vegetables and less beans but you can add more beans if you like.

When turmeric is combined with black pepper its anti-inflammatory properties are amplified. Cumin and coriander are spices that support the body's natural ability to digest.

- 1 tsp ground cumin
- 1 tsp ground coriander
- ½ tsp red pepper flakes (adjust for your own taste)
- 1 tsp turmeric
- ½ tsp cinnamon
- ¼ tsp black pepper
- ½ tsp Celtic sea salt
- 2 Tb coconut oil or ghee
- ¾ cup shallots, thinly sliced
- 4 cloves garlic, minced
- 2 Tb tomato paste

2 ½ cups vegetable or chicken stock  
2 cups sweet potatoes, peeled and diced  
1 cup white turnips, peeled and diced  
½ cup carrots, 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 (dark raisins will also work)  
2 ½ cups kale or Swiss chard, stems removed, chopped into bite size pieces  
3 Tb parsley or cilantro  
1 Tb lemon juice

- Put the cumin, coriander 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-low until the shallots begin to get soft about 3-4 minutes.
- Add spices, tomato paste, stock, sweet potatoes, lemon zest, turnips, carrots and chick peas. Raise the heat to medium. Simmer 10-15 minutes until the vegetables are just about tender. If your pieces are bigger it may take a little longer. You don't want them mushy.
- Add the olives and raisins. Simmer for about 5 minutes to reduce the liquid, if necessary.
- 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.