



# VEGETARIAN MAROCCAN STEW

## Ingredients

*For 3 people*

1 tbsp olive oil  
1 yellow onion  
4 cloves garlic  
2 tsp ground cumin  
1 cinnamon stick  
450g butternut squash  
4 large red potatoes  
200g vegetable broth  
1 can garbanzo beans  
1 can diced tomatoes  
100g pitted brine-cured green olives  
1/2 tsp lemon zest  
400g uncooked couscous  
6 tbsp plain yogurt  
6 tbsp fresh cilantro

## Steps

- 1.** Heat olive oil in a large covered saucepan or Dutch oven over medium heat, until oil is hot but not smoking. Drop in the onion, garlic, cumin, cinnamon stick, and salt and pepper. Cook and stir for 5 minutes, until onion is tender and translucent.
- 2.** Stir in the butternut squash and potato cubes, broth, garbanzo beans, and tomatoes, and bring the mixture to a boil. Reduce heat, cover the pot, and simmer about 20 minutes, stirring occasionally, until the squash and potatoes are tender. Remove the stew from heat, and stir in the olives and lemon zest.
- 3.** In a large saucepan, bring water to a boil. Stir in couscous. Cover and remove from the heat; let stand for 5 minutes. Fluff with a fork; cool. Serve stew over cooked couscous. Garnish each serving with a dollop of yogurt and a sprinkle of cilantro leaves.