

# Market District Demo Recipes

## Entrée



THE OHIO STATE  
UNIVERSITY

WEXNER MEDICAL CENTER

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## Moroccan Vegetable Chickpea Stew

Serves: 8

Modified from: [www.TasteofHome.com](http://www.TasteofHome.com)

**Items Needed:** large stockpot (6-quart), cutting board, kitchen knife, measuring cups, measuring spoons, wooden spoon

### Ingredients:

- 1 Tablespoon olive oil
- 1 large onion, chopped
- 2 teaspoons ground cumin
- 2 teaspoons ground cinnamon
- 1 teaspoon ground coriander
- ½ teaspoon ground allspice
- ½ teaspoon cayenne pepper
- ¼ teaspoon salt
- 3 cups water
- 1 small butternut squash, peeled and cut in 1-inch cubes (about 4 cups)
- 2 medium potatoes, peeled and cut in 1-inch cubes (about 4 cups)
- 4 medium carrots, sliced
- 3 plum tomatoes, chopped
- 2 small zucchini, cut into 1-inch cubes
- 1 can no-sodium-added chickpeas, rinsed and drained

### Directions:

1. In a 6-quart stockpot, heat oil over medium-high heat; add onion and sauté until tender. Add seasonings; cook and stir one minute.
2. Stir in squash, potatoes, carrots, tomatoes, water; bring to a boil. Reduce heat; simmer, uncovered, until squash and potatoes are almost tender, 15-20 minutes.
3. Add zucchini and beans, bring to a boil. Reduce heat; simmer, uncovered, until vegetables are tender, 5-8 minutes.
4. Alternatively, add all ingredients to a crockpot, stir, and cook on high 3-4 hours or low for 6-8 hours.

**Nutrition Information (per 1 ½ cup serving):**

Calories: 180 Fat: 3 g Carbs: 36 g Protein: 5 g Fiber: 9 g Sodium: 174 mg