

TUNISIAN VEGETABLE STEW

from MoosewoodCooks.com

(serves 4)

Ingredients

- | | |
|--|--|
| 1/4 cup thinly sliced onions | 3 cups undrained chopped tomatoes
(canned or fresh) (28oz can) |
| 2 Tbsp olive oil | |
| 3 cups thinly sliced cabbage
dash of salt | 1 1/2 cups drained cooked chickpeas
(16 oz can) |
| 1 large green bell pepper ,
cut into thin strips | 1/3 cup raisins or currants (<i>optional</i>) |
| 2 tsp ground coriander | 1 Tbsp lemon juice
salt to taste |
| 1/2 tsp turmeric | |
| 1/4 tsp cinnamon
sprinkle of cayenne to taste | grated feta cheese (<i>optional</i>)
toasted slivered almonds (<i>optional</i>) |

Preparation

1. In a large skillet, sauté the onions in the oil for 5 minutes, or until softened. Add the cabbage, sprinkle with salt and continue to sauté for at least 5 minutes, stirring occasionally. Add the bell pepper, coriander, turmeric, cinnamon and cayenne to the skillet and sauté for another minute or so. Stir in the tomatoes, chickpeas and optional currants or raisins and simmer, covered, for about 15 minutes until the vegetables are just tender. Add the lemon juice and salt to taste.
2. Top with feta and sliced almonds, if you like.
3. Serve over couscous or any grain of your choice.