



FORKS OVER KNIVES™

Moroccan Bean Stew with Sweet Potatoes | by Dreena Burton

From [*Let Them Eat Vegan*](#)

Serves 5-6

This recipe is wheat-free, gluten-free and soy-free



1 tablespoon water (to sauté)
1 teaspoon cumin seed
3/4 teaspoon ground cumin
1 1/2 teaspoon cinnamon
1 teaspoon ground coriander
1/2 teaspoon turmeric
1/2 teaspoon fennel seeds
1 teaspoon dried basil
3/4 teaspoon sea salt
Few pinches cayenne pepper (optional; I don't use it since our kids will find it too hot)
Freshly ground black pepper to taste

1 1/2 cup onion, diced
3-4 medium-large cloves garlic, minced or grated
3 – 3 1/2 cups yellow or orange-fleshed sweet potato, diced
1 can (14 oz.) black beans, rinsed and drained
1 can (14 oz.) chickpeas, rinsed and drained
1 cup dry red lentils, rinsed
3 cups vegetable stock
3 1/2 cups water
1 1/2 tablespoon freshly grated ginger

Instructions:

In a large pot over medium heat, add the water with the spices and salt.

Cook for a couple of minutes, and then add the onion, garlic, and sweet potato.

Stir through, cover, and cook for about 7-8 minutes, stirring occasionally, until the onions have started to soften.

Add all remaining ingredients except ginger, and increase heat to high to bring to boil.

Once at a boil, reduce heat to medium-low, cover, and cook for 20-25 minutes, until lentils are fully dissolved.

Add fresh ginger, stir through, and serve.

Chef's Notes:

Before serving this soup, you could stir in several cups of baby spinach or chopped chard until just wilted.

This makes a decent batch. You can portion and freeze some of this soup, as it thaws and reheats very well.

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