

Kosher Deli Recipes

Moroccan Chicken Stew



Moroccan Chicken Stew is a spicy chicken recipe full of flavor, color and nutritional value. Serve the stew over couscous, quinoa or rice. Roasted Red Pepper and Tomato soup can be found in the kosher section of your supermarket - it adds a lot of great taste to this recipe.

Ingredients:

- **1 tbsp. olive oil**
- **6 chicken thighs, skin removed**
- **1 medium onion, diced**
- **1 clove garlic, minced**
- **1-1/2 pounds butternut squash, peeled and cut into 1 inch cubes (about 4 cups)**
- **1 can (about 15 oz) garbanzo beans, drained and rinsed**
- **1/2 cup raisins**
- **1 tsp. ground cumin (you may substitute coriander seeds or dash of cayenne powder for the cumin, if desired)**

- **1/2 tsp. cinnamon**
- **1/2 tsp. salt**
- **1 container Roasted Red Pepper and Tomato Soup (Pacific Foods or Tabatchnik 'shelf stable' soup)**
- **1 cup chicken broth**
- **1 cup frozen peas (substitute chopped celery or another vegetable, if desired)**
- **5 cups cooked couscous**

Heat oil in a Dutch oven over medium-high heat. Add chicken and sauté until browned, about 10 minutes. Remove chicken and set aside.

Lower heat to medium, sauté onion and garlic for about 5 minutes or until onion has softened. Stir in chicken, squash, garbanzo beans, raisins, cumin, cinnamon, salt, red pepper soup and chicken broth. Cover and simmer for 20 minutes.

Add peas and continue to simmer uncovered for about 10 minutes or until squash is tender and chicken is cooked through.

Divide couscous among six bowls and spoon stew over the top of the Moroccan Chicken Stew, making sure each bowl gets at least one chicken thigh.

Serves: 4-6

Source: <http://www.pacificfoods.com/kitchen-talk/recipes/view/15>