



Tunisian Stew with Cabbage & Chickpeas

The sweetness of the cabbage adds a delightful flavor that really enhances this recipe. adapted from Moosewood Restaurant Cooks at Home Cookbook

Ingredients:

- 1 1/2 cups thinly sliced onions
- 2 Tablespoons olive oil
- 3 cups thinly sliced cabbage
- 1 large green bell pepper, cut into thin strips
- 2 teaspoons ground coriander
- 1/2 teaspoon turmeric
- 1/4 teaspoon cinnamon
- 1/8 teaspoon cayenne, or to taste (optional)
- 3 cups undrained canned tomatoes, chopped (quart jar or 28 oz can)
- 1 1/2 cups drained cooked chick peas (16 oz can)
- 1/3 cup currants or raisins, optional
- 1 Tablespoon fresh lemon juice
- salt to taste
- grated feta cheese
- toasted slivered almonds, optional

Instructions:

1. In large skillet, saute the onions in olive oil until softened.
2. Add bell pepper and spices to skillet and saute for 1 minute or so.
3. Stir in tomatoes, chickpeas, and raisins or currants.
4. Simmer, covered 10 minutes until vegetables are tender.
5. Add kale and cook for 5 more minutes.
6. Add lemon juice and salt to taste.
7. Top with feta and toasted almonds if you like.

Note:

1. Don't be afraid to use the full amount of spices. They are so good for you and they really make the dish flavorful.
2. Adding the cheese, currants and almonds really add dimension and texture for a delightful experience. Don't skip unless you have to.

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