

Moroccan Lentil Chickpea Stew

- 1 TBS Coconut Oil
- 1 Cup Yellow Onion, diced
- 1 $\frac{3}{4}$ tsp. Cinnamon, ground
- $\frac{3}{4}$ tsp. Cumin, ground
- 1 $\frac{1}{4}$ tsp. Coriander, ground
- $\frac{1}{2}$ tsp. Red Pepper Flakes for extra *heat* bump up to $\frac{3}{4}$ tsp.
- 1 $\frac{1}{4}$ tsp. Fine Salt
- 1 $\frac{1}{2}$ tsp. Garlic, minced (about 3 medium cloves)
- 2 cups Vegetable Broth + for a soupier stew
- 2 cups Water
- 1 (28 oz) can Crushed Tomatoes
- 2 cups Carrots sliced thin in coins
- 1 cup dry, Uncooked French Lentils
- 1 $\frac{1}{2}$ cup Cooked Chickpeas, drained (one 15 oz can)
- 1 Lemon

Full Fat Coconut Milk (canned type) or whole Milk Yogurt for Serving

1. In a large Dutch Oven add the coconut oil and heat until shimmering. Add the Onions and sauté for 10 minutes on medium low. A little charring is okay.
2. Stir in the cinnamon, cumin, coriander, red pepper flakes and sea salt. Add the garlic. Stir until fragrant, about 2 minutes.
3. Pour in the broth, water, tomatoes, carrots and lentils. Stir. Bring to a simmer, then turn to medium low and simmer for 25 minutes. The stew will thicken as it cooks. Add the chickpeas and simmer for another 10 minutes or until the lentils are tender and chickpeas are cooked through. IF a thinner stew is desired add more vegetable broth $\frac{1}{2}$ cup at a time. Remove from heat and squeeze a $\frac{1}{2}$ lemon over the stew. Stir. Taste for salt adjustment.
4. Ladle into soup bowls then garnish with coconut cream, or yogurt and cilantro. For the coconut cream, open and scoop out the soft layer of fat on the top to dollop on the stew. OTHERWISE, a few scoops of rich coconut milk can be spooned over top. Serve with lemon wedges, coconut milk or a generous scoop of yogurt and cilantro.