

Moroccan Vegetable Stew

Ingredients:

- 2 TBL Coconut oil
- 1 Onion, chopped
- 4 Garlic cloves, chopped
- 1 TBL Cumin
- 1 TBL Turmeric
- 1 Bay leaf
- 1 tea Cinnamon
- 2 cups chopped Butternut Squash
- 1 15oz can Chickpeas
- 1 15oz can diced Tomatoes
- 1 10oz bag frozen Spinach (or 1 bunch fresh spinach)
- 4 cups Vegetable Broth

Directions:

Melt Coconut oil in large soup pot. When the oil is melted add the onion, garlic, cumin, turmeric, bay leaf and cinnamon. Cook until the onion is soft. Add butternut squash, chickpeas, tomatoes, spinach and broth. Cover and simmer until butternut squash is tender. Allow soup to sit for approximately One hour to let flavors develop.