

### **Fall Vegetable Stew with Moroccan Spices**

Serves 4 to 6

2 tablespoons extra virgin olive oil  
1 large onion, chopped  
6 cloves garlic, minced  
2 teaspoons ground cardamom  
2 teaspoons curry powder  
2 teaspoons sea salt  
½ teaspoon freshly ground black pepper  
pinch cayenne pepper  
3 large carrots, diced  
3 medium red potatoes, diced  
1 small delicata squash, peeled, seeded and cut into chunks  
½ cup Zante currants  
2 cups tomato sauce  
2 cups cooked garbanzo beans  
1 cup water  
½ cup dried figs, chopped  
¾ cup almonds, toasted and chopped  
fresh mint for garnish

1. Heat a large pot over medium heat, and add the olive oil. Add the onions and sauté until tender, about 3 to 5 minutes.
2. Add crushed garlic, then the cardamom, curry powder, salt, black pepper and cayenne. Sauté and stir a few minutes more.
3. Next add the carrots and potatoes. Stir well to coat with the oil and spices. Sauté-stir the potatoes and carrots for about 5 minutes, then add the squash and stir. Add the Zante currants, tomato sauce, garbanzo beans, and water. Place a lid on the stew and continue cooking until the vegetables are tender, about 25 to 30 minutes, stirring occasionally and adding more water if necessary.
4. Preheat the oven to 350 degrees F. Place the whole almonds into a glass baking dish. Place into oven and toast for about 10 minutes. Remove from pan and let cool on a plate. Chop almonds when completely cooled.
5. Before serving, sprinkle the figs and almonds on top of the stew. Top with freshly chopped mint.