

Spicy Moroccan Potato Fig Stew

Ingredients

1 tablespoon vegetable oil
1 medium onion, chopped
6 cloves garlic, finely chopped
1 teaspoon salt
1 teaspoon each: ground cinnamon, ground cumin, curry powder, ground ginger and crushed red pepper
2 (15-ounce) cans stewed tomatoes, do not drain
4 medium potatoes, peeled and cut into 1-inch pieces
1 cup baby carrots
1 cup dried figs
2 tablespoons lemon juice

Method

In a stew pot, heat oil over medium-high heat. Cook and stir onion and garlic 5 minutes or until onion is clear. Stir in seasonings and cook and stir 30 seconds or until fragrant. Add tomatoes, potatoes, carrots and figs. Heat until tomatoes just come to a boil. Cover tightly and reduce heat to medium-low. Simmer 30 minutes or until vegetables are tender. Stir in lemon juice before serving. Serves 6.

Note

Calories: 225, total fat: 3g, dietary fiber: 8g, protein: 4g, calcium: 112mg