

Steph's Moroccan Chicken Stew copy

14 ingredients · 30 minutes · 10 servings



Directions

1. Heat coconut oil over medium heat in a large pot or saucepan. Add chicken, onion, turmeric, cinnamon, cardamom, cayenne and salt. Cook for 15 minutes, stirring occasionally.
2. Stir in tomatoes, paste, broth and chickpeas and half the parsley. Cover and cook for another 15 minutes, until chicken is cooked through and sauce is thick. Remove from heat and add raw honey (you will lose the nutrients if you cook raw honey so never add while still cooking)..
3. Uncover and serve immediately. Garnish with remaining parsley. Enjoy!
4. Option to serve over: brown rice or quinoa for a higher complex carb meal cauliflower rice roasted veggies (peppers & onions are great) or throw in baby spinach at the end to 'soften'

Notes

Serve it With

Crusty bread, brown or white rice, quinoa, brown rice tortillas, roasted squash, sweet potato, or our Paleo Tabbouleh recipe.

Storage

Refrigerate in an airtight container up to 3 days, or freeze if longer.

Make it Vegan or Vegetarian

Use chickpeas instead of chicken and maple syrup instead of honey.

Ingredients

- 1 **tblsp** Coconut Oil
- 2 **lbs** Chicken Breast (skinless, boneless, diced into chunks)
- 1 Yellow Onion (medium, diced)
- 2 **1/2 tsps** Turmeric
- 1 **1/4 tsps** Cinnamon
- 1 **1/4 tsps** Cardamom
- 2/3 **tsp** Cayenne Pepper
- 1 **1/4 tbsps** Sea Salt
- 2 **cups** Crushed Tomatoes (large, diced)
- 1 **1/4 cups** Parsley (finely chopped and divided)
- 1/4 **cup** Raw Honey
- 1 **cup** Chickpeas
- 8 **1/2 fl ozs** Bone Broth
- 1/4 **cup** Tomato Paste

Nutrition

Amount per serving

Calories	217	Cholesterol	70mg
Fat	5g	Sodium	1067mg
Carbs	19g	Vitamin A	1006IU
Fiber	4g	Vitamin C	17mg
Sugar	11g	Calcium	56mg
Protein	24g	Iron	3mg

Stephanie Glaser

<http://www.oneonenutrition.com>

