



# Moroccan Orange Tagine

A Great bright meal for cold weather.

## Ingredients:

1 medium onion, chopped  
1 sweet red pepper, coarsely chopped  
4 TBL olive oil  
3 medium carrots peeled and sliced  
4-6 tsp. Moroccan La Kama  
2 cups orange winter squash, cubed  
1 yam, cubed  
1 can (19 Oz) chick peas, rinsed  
1 cup orange juice  
1 cup stock  
1 bunch parsley chopped  
Salt to taste

## Instructions:

- 1 - Sauté onion and red pepper in olive oil for 3 minutes.
- 2 - Add carrots and cook for 2 minutes.
- 3 - Add the Moroccan La Kama and cook 2 minutes.
- 4 - Stir the cubed vegetables and chickpeas. Season.
- 5 - Pour both the orange juice and stock over. Cover, lower heat and simmer until the squash is cooked and begins to break down, adding more liquid if necessary.
- 6 - Before removing from heat, stir in half of the chopped parsley.
- 7 - Serve over couscous, garnished with the remaining parsley and with a side salad.

**Spices Used:** Moroccan La Kama