

Chickpea Tagine with Cinnamon, Cumin, and Carrots

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Member Rating: ★★

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ingredient list

Serves 3



North African cooking often features cinnamon in both savory dishes and desserts. Carrots and raisins make this a slightly sweet stew that's best served with a dollop of "sour" Greek-style yogurt to complement the flavors.

DIRECTIONS

1. Heat oil in large skillet over medium heat. Add onion and garlic, and sauté 2 to 3 minutes, or until onion slices are soft. Stir in chickpeas, carrots, currants, spices, honey, and 2 cups water. Cover and simmer 20 to 25 minutes, stirring occasionally. Season with salt and pepper.

2. Divide tagine among 4 bowls. Garnish each serving with dollop of yogurt, and sprinkle with parsley.

- 2 Tbs. olive oil
- 1 small onion, thinly sliced
- 3 cloves garlic, minced (1 Tbs.)
- 2 14.5-oz. cans chickpeas, rinsed and drained
- 3 medium carrots, peeled and sliced into thin rounds
- ¼ cup dried currants
- 1 tsp. ground turmeric
- 1 tsp. ground cinnamon
- 1 tsp. ground cumin
- ¼ tsp. cayenne pepper
- 2 tsp. honey
- ½ cup plain Greek-style yogurt
- 3 Tbs. finely chopped parsley

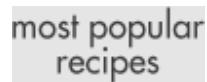
Nutritional Information

Per :

Calories	414
Protein	14g
Total Fat	12.5g
Saturated Fat	3.5g
Carbs	65g
Cholesterol	5mg
Sodium	601mg
Fiber	12g

Sugar

13g


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Comments

By betsy on Apr 22, 2009:

I made this tonight - it is excellent! Generous portions, spicy but not too hot. I used dried chick peas, soaked overnight and boiled for about 30 min before starting the onions.

By Sera on Sep 10, 2009:

I made this recipe but substituted the carrots for yams and served it over rice. The yogurt compliments the dish very well and really adds to the flavor. My roommate and I did not think it was spicy and next time I will use a bit more cayenne pepper. Overall it was really good and a dish that I'll be adding to my repertoire.

By Sera on Sep 10, 2009:

Also - this serves more than 3-4 people. I would say at least 6 if you are using healthy sized portions. But then again I did substitute the carrots for yams and maybe that's why I had lots of leftovers...

By Gwen on Dec 07, 2009:

I love this dish. I always end up using dried cranberries instead of currants. Also, I use fat free organic sour cream instead of Greek yogurt. This such a cold weather comfort food. It goes great with toasted pita chips or tortilla chips. Yummmmmmeerss!!

By Chawnta on Feb 21, 2010:

I loved how easy and simple this recipe was. I didn't have parsley, currants or yogurt so per Gwen's comment I used cranberries and sour cream - it was excellent. I also made a mistake and used yellow curry instead of cumin. Once I realized my mistake I added a little cumin - it was still great. We ate this on rice - a staple in my house. I will definitely make it again.

By Sara on Feb 27, 2010:

This is a major staple in my diet. It's easy, tastes great, and I almost always have the ingredients in the house. It's good over rice, quinoa, millet, or any grain you like. Next time I think I might add okra to thicken it a bit. I'll second those who said the yogurt really added to the flavor.

By Madeline on Dec 29, 2010:

I made this tonight and served it on top of rice - I thought it was great! I used a little less than a teaspoon of cumin, but I thought the dish still had a great sweet and spicy balance. Next time I may use more currants too!

By katna on Mar 16, 2011:

This is very good. So easy and simple. I've made it a couple times when I didn't think I had much in the house to make dinner with! I add a little extra of each spice and eat with soy sourcream over toasted Israeli couscous.

By zehava on Sep 16, 2011:

What a great recipe. The flavors were delicious. I served the tagine over quinoa. Next time I will probably substitute kale for the carrots because my husband does not care for cooked carrots.

By Lauren on Oct 02, 2011:

Thanks to all who recommended cranberries instead of currants! It really added something special to the dish. Also, I used 2 carrots and one

sweet potato and it was also a great addition. Yumm!

By Chelle on Oct 14, 2011:

I have made this dish many times and really love it. It is easy, flavorful and flexible. I, like previous posts, use cranberries instead of currants and usually serve with couscous.

By Mel on Nov 03, 2011:

I love, love, LOVE this recipe! Just the right balance of sweet and savory, and the dollop of yogurt really sets it off nicely. I particularly like it over quinoa - a great autumn lunch or dinner, even tastes all right cold.

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