



Moroccan Vegetable Stew

This vegan stew will “wow” all your senses with its exotic aroma and blend of flavors. Ras el hanout is a Moroccan spice blend. If you buy it ready-made, you can substitute 2 tablespoons for all of the spices in this recipe. It's OK if you have to omit one or two of the spices in this recipe; every ras al hanout is a little different anyway. This type of stew is traditionally served over couscous, which is a wheat product. For an IBS-friendly meal, serve this stew over couscous made of brown rice instead.

Ingredients:

3 tablespoons garlic-infused oil	½ teaspoon nutmeg
1 bunch scallions, green part only, thinly sliced	1 large sweet potato peeled and cut into ½-inch cubes
2 tablespoons fresh ginger peeled and minced	1 small eggplant (1/2 pound), peeled, and cut in ½-inch cubes
1 teaspoon salt	1 small zucchini (1/2 pound), cut into ½-inch cubes
½ teaspoon ground cinnamon	3 cups canned diced or chopped tomatoes
1 teaspoon ground turmeric	1 large yellow bell pepper, chopped
1 teaspoon ground cumin	2 cups water
¾ teaspoon ground black pepper	16-oz. can chickpeas, drained and rinsed
½ teaspoon ground coriander	
¼ teaspoon cayenne pepper (optional)	
½ teaspoon allspice	

Procedure:

- Warm garlic-infused olive oil over medium-high heat in an 8-quart kettle until fragrant. Add the scallion greens and minced ginger. Sauté briefly, then measure all of the seasonings into the pot. Stir together for several minutes.
- Add remaining ingredients and bring to a boil. Turn the heat down to low, cover tightly and simmer until all the vegetables are tender, 30-45 minutes. Serve over brown rice couscous.

Serves: 6

Recipe provided courtesy of www.ibsfree.net and GI Nutrition Inc.