

## SWEET POTATO AND CHICKPEA MOROCCAN STEW



Total Time  
**90 MIN.**

Serving Size  
**250 ML (8 OZ)**

Difficulty  
**MEDIUM**

Yields  
**8**

This on-trend stew is easy to prepare with Campbell's® Low Sodium Chicken Stock and V8® Vegetable Cocktail and it includes both lentils and chickpeas and authentic flavour from Moroccan-style spices.

### INGREDIENTS

### WEIGHT

### MEASURE

White Onions, diced

Garlic cloves, minced

Ground turmeric	1 tsp	5 mL
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Ground cinnamon	1/2 tsp	3 mL
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Ground ginger	1/2 tsp	3 mL
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Ground cumin	1/2 tsp	3 mL
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Red Lentils, canned, drained	19 oz	540 mL
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Chickpeas, canned, drained	19 oz	540 mL
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V8 Vegetable Cocktail	2 cups	500 mL
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Tomato paste	2 tbsp	30 mL
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Sweet potato, peeled and diced	3/4 lb	340 g
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Campbell's Low Sodium Chicken Stock,	4 cups	1 L
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prepared as per package directions

Dry couscous	1 cup	250 mL
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Fresh parsley, chopped	1/2 cup	125 mL
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Fresh coriander, chopped	1/2 cup	125 mL
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Pomegranate Seeds (optional garnish)

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### INSTRUCTIONS

1. Sauté the onion in a large stock pot for 3-5 minutes until it begins to soften. Add the garlic and sauté for 3 minutes more.
2. Add the turmeric, ginger, cinnamon and cumin and stir to coat everything. Add the lentils and chick peas and stir thoroughly. Add the **V8 Vegetable Cocktail** and tomato paste and simmer on low heat for 15 minutes.
3. Add the sweet potato and prepared **Campbell's Low Sodium Chicken stock**, reduce the heat to low and simmer for 1 hour or until the stew is thick.
4. Prepare the couscous according to package directions, until all water is absorbed. Fluff the couscous with a fork. Add to stew, and cook until thick.
5. Garnish with chopped parsley and coriander, and pomegranate seeds (optional), and serve.