

Chickpea and Winter Vegetable Stew

Ingredients:

- 2 tsp extra-virgin olive oil
- 1 cup onion, chopped
- 1 cup leeks, sliced
- ½ tsp ground coriander
- 1/8 tsp ground cumin
- 1/8 tsp ground red pepper
- 1 garlic clove, minced
- 3 cups vegetable broth
- 2 cups yams or sweet potatoes, cubed and peeled
- 1 cup carrot, sliced
- ¾ cup Yukon gold potato, cubed and peeled
- 1 Tbsp harissa
- 1 ½ tsp tomato paste
- ¾ tsp salt
- 1 (15.5 ounce) can chickpeas, drained
- ¼ cup chopped fresh flat-leaf parsley
- 1 ½ tsp honey
- 1 1/3 cups couscous, cooked
- 8 lemon wedges

Directions:

Heat oil in a large saucepan over medium-high heat. Add onion and leek; saute 5 minutes.

Add coriander and next 3 ingredients (through garlic); cook 1 minute, stirring constantly.

Add 3 cups vegetable stock and the next 7 ingredients (through chickpeas); bring to a boil. Cover, reduce heat and simmer 30 minutes. Stir in parsley and honey.

Add couscous. Serve with lemon wedges.