

Tunisian Stew with Kale & Chickpeas

Kale makes a beautiful substitute for the cabbage in this recipe. I'll make it again with cabbage next week. The sweetness of the cabbage adds a delightful flavor that really enhances this recipe.

Ingredients

1 1/2 cups thinly sliced onions
2 Tablespoons olive oil
3 cups thinly sliced kale
1 large green bell pepper, cut into thin strips
2 teaspoons ground coriander
1/2 teaspoon tumeric
1/4 teaspoon cinnamon
1/8 teaspoon cayenne, or to taste
3 cups undrained canned tomatoes, chopped (quart jar or 28 oz can)
1 1/2 cups drained cooked chick peas (16 oz can)
1/3 cup currants or raisins, optional
1 Tablespoon fresh lemon juice
salt to taste
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grated feta cheese
toasted slivered almonds, optional

Instructions

1. In large skillet, saute the onions in olive oil until softened.
2. Add bell pepper and spices to skillet and saute for 1 minute or so.
3. Stir in tomatoes, chick peas, and raisins or currants.
4. Simmer, covered 10 minutes until vegetables are tender.
5. Add kale and cook 5 more minutes.
6. Add lemon juice and salt to taste.
7. Top with feta and toasted almonds if you like.

adapted from Moosewood Restaurant Cooks at Home Cookbook