

MOROCCAN VEGETABLES WITH COUSCOUS

1 tablespoon olive oil
1 large onion, chopped
1 teaspoon cinnamon
1/2 teaspoon allspice
1 teaspoon ground coriander
2 teaspoon cumin
1 teaspoon cayenne
4 carrots, peeled and cut into 1" pieces
2 russet potatoes, peeled and cut into large chunks
1 small butternut squash, peeled, seeded, cut into 1" chunks
2 cups chopped whole plum tomatoes with juices
2 cups water
2 small zucchini, cut into 1" pieces
1 15-ounce can chickpeas
Salt and pepper
Tabasco to taste
1/2 cup chopped cilantro

In a large heavy pot heat oil over medium high heat. Stir in the onion and cook for 3 minutes or until tender. Stir in spices and cook until aroma is released. Stir in carrots, potatoes and squash and toss to coat. Cook vegetables for 5 minutes. Stir in tomatoes and water. If necessary add enough water so that all the vegetables are submerged. Bring to a simmer and cook for 20 minutes. Stir in zucchini and continue to cook for 20 more minutes. Stir in the chickpeas and season with salt and pepper, Tabasco and cilantro. Serve hot with couscous and warm pita bread.