

Vegetable, Garbanzo & Olive Tagine

PREP TIME:

15 minutes

COOKING TIME:

LOW: 4 - 5 hours

or

HIGH: 2 - 3 hours

SERVES:

4 - 6

serve in a bowl and top with toasted almonds or pistachio and fresh mint



INGREDIENTS:

2 1/2 tsp / 5 cloves garlic, minced

1 1/2 cups / 1 medium white onion, diced

3 large carrots, chopped into 3" x 1" pieces

1/2 cauliflower, broken up into florets

2 sweet potatoes, chopped into 1 inch pieces

2 turnips, chopped into 1 inch pieces

1/2 cup olives, green or black

6 oz / 1/2 cup raisins

1 x 15 oz can garbanzo beans

1/2 tsp salt

3 cups / 24 fl oz vegetable broth

1 Moroccan Tagine blend

2 cups cous cous. steamed

PREPARE:

combine the garlic, onion, carrot, cauliflower, sweet potatoes, turnips, olives, raisins, garbanzo beans, salt, and vegetable broth in the slow cooker

tuck the spice bag into the vegetable mixture and leave to steep

cover and cook on LOW: 4-5 hours or HIGH: 2-3 hours

serve over steamed cous cous