

Moroccan Vegetable Tagine with Tofu

Serves 4

Ingredients:

- 1 large onion chopped
- 4 cloves garlic, minced
- 4 carrots, peeled and cut into 1/4 - inch sticks
- 1 zucchini, cut into 1- inch cubes
- 3 Tbsp olive oil
- 1 1/4 tsp salt
- 1 tsp ground ginger
- 1 tsp ground turmeric
- 3/4 tsp cinnamon
- 1/2 tsp black pepper
- 1/8 tsp ground cardamom
- 1/8 tsp ground coriander
- 1/2 cup diced dried figs
- 3 Tbsp fresh parsley, chopped
- 10 oz. firm tofu, cut into 2 - inch cubes
- 1 cup vegetable stock
- 1/2 cup whole roasted Cashews

Directions

1. In the base of the Tagine, sauté the onions and garlic over medium heat for 7 - 8 minutes.
2. Mix salt, pepper, and spices together in small bowl. Add to onions and garlic. Sauté for 1 - 2 minutes.
3. Add carrots, zucchini, and tofu, and sauté for 1 minute. Add vegetable broth and bring to a simmer.
4. Cover with Tagine lid and simmer over medium heat for 25 minutes. Stir in figs.
5. Serve over rice and top with parsley and cashews.



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