

## African Vegetable Stew

Contributed by  
Sunday, 04 May 2008

- 2 lbs fresh tomatoes
- 2 Tablespoons olive oil, or vegetable oil
- 2 cups sliced onions
- 1 teaspoon minced garlic
- 1 lb red rose potatoes, cubed
- 1 cup baby carrots
- 1 1/2 teaspoons ground cinnamon
- 3/4 teaspoon dried thyme
- 3/4 teaspoon salt
- 12 ounces zucchini, cut into 3/4 inch chunks
- 1 (19 oz) can chickpeas, drained and rinsed

1. Core and chop tomatoes; set aside
2. In a large pot or Dutch oven over medium heat, heat oil. Add onions and garlic; cook, stirring occasionally, until onions are tender, about 10 minutes.
3. Add potatoes, carrots, cinnamon, thyme, salt and 1 lb of the tomatoes; bring to a boil. Reduce heat to low; cover and simmer until potatoes and carrots are tender. 20 - 30 minutes.
4. Add zucchini, chickpeas and remaining pound of tomatoes. Cook until zucchini is tender, about 10-15 minutes longer.

Serve over couscous.