

Moroccan Delicata Stoup

A cross between soup and a stew, this Moroccan inspired dish is the perfect way to warm up on a cool autumn night.

Serves 4

Ingredients

1 medium delicata squash
1-15oz can garbanzo beans, drained and rinsed
1/2 red onion, finely diced
1/4 cup parsley, chopped
2 Tbsp fresh mint, finely chopped
1/4 cup red wine vinegar
1/4 cup olive oil, divided
3 Tbsp orange juice
1 1/2 cups low sodium vegetable broth
1 tsp cumin
1/2 tsp cinnamon
1 tsp harissa, divided

Preheat oven to 400F

Directions

Slice squash lengthwise, and remove seeds and stringy flesh. Cut into half-inch thick crescents, and toss with a tablespoon of olive oil.

Spread squash out onto a baking sheet, and season with salt and 1/2 tsp of harissa. Roast for 20 minutes or until tender, flipping halfway through to brown both sides.

Combine red wine vinegar, orange juice, remaining olive oil, cumin, cinnamon, and 1/2 tsp harissa. Whisk to combine.

Toss chickpeas in vinaigrette. Add onion, parsley, squash and broth. Allow to marinate for at least an hour.

Heat mixture in a large saucepan until warm. Adjust seasonings to taste. To serve, top with chopped mint.