



RECIPE | TOMATOES

# DUTCH OVEN CHICKPEA TAJINE



60 min

15 min  
PREP.

45 min  
COOKING



6



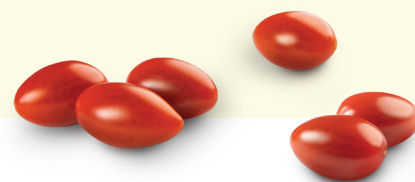
easy



## INGREDIENTS

**2 dry pints** Pure Flavor® Cloud 9® Bite-Sized Fruity Tomatoes  
**2 540 ml cans** chickpeas, drained & rinsed  
**2** carrots, diced  
**1** yellow onion, chopped  
**1 cup** vegetable broth  
**½ cup** cilantro, chopped  
**½ cup** golden raisins  
**3 tbsp** maple syrup  
**2 tbsp** tomato paste  
**1 tbsp** flour

**1 tbsp** ginger, grated  
**1 tbsp** olive oil  
**4 tsp** minced garlic  
**1 tsp** turmeric  
**1 tsp** ground coriander  
**1 tsp** ground cinnamon  
**1 tsp** ground cumin  
**1 tsp** cayenne pepper  
Salt & pepper, to taste



## DIRECTIONS

- 1 Preheat the oven to 325°F.
- 2 Heat the oil in a Dutch oven over medium heat. Sauté the onions, garlic, and carrots for 5-10 minutes, or until soft.
- 3 Toss flour with vegetables and gradually mix in vegetable broth until no lumps remain; bring to a boil.
- 4 Stir in the maple syrup and tomato paste. Then add the remaining ingredients.
- 5 Cover with a lid and bake in the oven for 30 minutes.