



RECIPE | PEPPERS

MOROCCAN VEGETABLE LETTUCE WRAPS



26 min

10 min
PREP

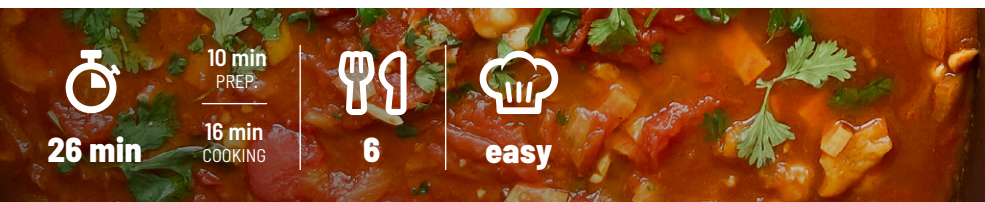
16 min
COOKING



6



easy



INGREDIENTS

Recipe created by *Stacie Zollars*

1 Pure Flavor® Orange Sweet Bell Pepper, chopped
 1 lb Pure Flavor® Roma Tomatoes, blanched & peeled
 2 medium yellow onions, chopped
 2 garlic cloves, chopped
 1 large sweet potato, cubed
 1 jar shakshuka sauce
 1 lemon, juiced
 2 cups rice, cooked
 2 cups chickpeas, rinsed & drained
 1 cup vegetable broth

½ cup chopped dried apricots, chopped
 2 tbsp olive oil
 2 tbsp tomato paste
 1 tsp coriander
 1 tsp cinnamon
 ½ tsp turmeric
 Parsley leaves, for garnish
 Cilantro leaves, for garnish
 Iceberg lettuce, for serving
 Salt, to taste



DIRECTIONS

- Heat olive oil over medium heat until just shimmering in a large heavy pot or Dutch oven.
- Add peppers, onions, and sweet potatoes, and sauté for 8 minutes, stirring occasionally until the vegetables are medium firm.
- Add shakshuka sauce, garlic, and spices and stir well to combine.
- Next, add tomatoes, paste, apricots, broth, chickpeas, and lemon juice and cook covered for 8 minutes on medium-high heat, mixing regularly with a wooden spoon.
- Remove from heat and sprinkle with fresh parsley and cilantro.
- To serve, place a spoonful of rice in each lettuce cup then add a spoonful of mixture. Enjoy!

Pro Tip: To elevate this dish further, serve in Boston Lettuce wraps for a creamier texture.

