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Indian Vegetable Stew

Prep Time: 5 mins

Cook Time: 1 h 40 mins

Total Time: 1 h 45 mins

Ingredients

- 1 tablespoon oil, olive, extra virgin
- 3 large onion(s), coarsely chopped
- 4 clove(s) garlic, minced
- 1 teaspoon cumin seeds
- 1 teaspoon cumin, ground
- 1 teaspoon coriander, ground
- 1/2 teaspoon cinnamon, ground
- 1/4 teaspoon cardamom seeds
- 1/8 teaspoon pepper, cayenne
- 1 pounds potato(es), new, scrubbed and quartered
- 1 1/2 cup(s) water
- 1/2 teaspoon salt
- 19 ounce(s) beans, garbanzo (chickpeas), rinsed
- 14 ounce(s) tomatoes, crushed, preferably fire-roasted
- 1 pounds carrot(s), baby
- 3/4 cup(s) cilantro, fresh, chopped
- 3/4 cup(s) yogurt, low-fat plain, (optional)



Preparation

1. Heat oil in a Dutch oven over medium heat. Add onions and cook, stirring often, until fragrant and beginning to brown, 5 to 6 minutes.
2. Add garlic and cook, stirring, until fragrant, about 1 minute. Add cumin seed, ground cumin, coriander, cinnamon, cardamom and cayenne; cook, stirring, until fragrant, 30 to 60 seconds.
3. Add potatoes, water and salt; bring to a simmer. Cover and cook for 10 minutes.
4. Add chickpeas, tomatoes and carrots; stir to combine. Bring to a simmer. Reduce heat to low and simmer, partially covered, stirring occasionally and adding 1/2 cup water, if needed, until the potatoes and the carrots are tender, 30 to 35 minutes.
5. Stir in cilantro. Serve with yogurt, if desired.