

# Moroccan Beef and Chickpea Tagine

Recipe By Gayle Squires



Cooking and Prep:  2 h

Serves:  8

Contains:  

**Preference:** Meat

**Difficulty:** Easy

**Source:** Whisk by Ami Magazine

**Cuisines:** Moroccan, Middle Eastern

This tender beef stew slow-cooked in broth with hearty vegetables features the panoply of traditional Moroccan spices: cumin, turmeric, cinnamon, coriander, nutmeg, ginger, and saffron. Served atop couscous, this recipe is a complete and filling meal.

**More Moroccan Recipes**

[Lamb Meatballs](#)

[Carrot-Chickpea Salad](#)

## Ingredients (19)

### Tangine

- [Bartenura Olive Oil](#)
- 2 to 3 pounds stew meat
- 1 tablespoon cumin
- 1/2 tablespoon cinnamon

- pinch of nutmeg
- 1/2 tablespoon coriander
- 1/4 teaspoon turmeric
- 1/2 teaspoon ginger or 2 cubes **Dorot Gardens Frozen Ginger**
- several saffron strands seeped 5 minutes in hot water
- 8 to 10 cups water
- 1 large onion
- 3 to 4 large carrots (or 2 large handfuls of baby carrots)
- 3 to 4 celery stalks
- 3 to 4 thin-skinned potatoes
- salt to taste
- black pepper, to taste
- 2 large zucchini
- 3 to 4 cups **Gefen Organic Chickpeas**
- 2 boxes couscous, prepared according to package directions

## Start Cooking

### Prepare the Tagine

1. Heat enough olive oil to cover the bottom of a large heavy pan (I used a large 6- and 3/4-quart cocotte/dutch oven) until it glistens. Cut meat into smaller pieces (3/4- to one-inch cubes) and brown with half the spices.
2. Add the water and bring to a boil. Scrape up the good bits stuck to the bottom of the pan. Turn down the heat and simmer, covered, for 30-40 minutes until the meat starts to get tender.
- 3.

Prepare the vegetables. Roughly chop onions into large pieces. Cut baby carrots in half or peel and cut carrots into one-inch pieces. Cut celery into one-inch pieces. Scrub the potatoes and dice into one-inch cubes. Cut zucchini into large half moons.

4. When meat is tender, add onions, carrots, potatoes, and the rest of the spices, salt, and pepper. Simmer, covered, for another 30 to 40 minutes until vegetables are tender.
5. Add zucchini and simmer for another 20 minutes. Add chickpeas during the last ten minutes.
6. To serve, pour meat, vegetables, and broth over prepared couscous (or Israeli couscous, sometimes called p'titim in Hebrew or acini de pepe in Italian).