

Good Enough 2 Eat

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Vegetable Stew

You'll need:

- 4 small parsnips, peeled and cut into chunks
- 1 large onion, chopped
- 2 sweet potatoes, peeled and cut into chunks
- 2 zucchini, sliced thick
- Can chopped tomatoes
- Can chickpeas with liquid
- ¼ cup dried figs
- 1 tsp ground coriander
- ½ tsp ground turmeric
- ½ tsp ground cinnamon
- ½ tsp ground ginger
- ¼ tsp ground cumin
- 3 cups water

Here's what to do:

1. Combine all the ingredients in a large saucepan.
2. Bring to a boil, lower the heat, and simmer until the vegetables are tender, about 30 minutes.
3. Serve over bed of couscous

