



Moroccan Chicken



- ❖ Sprinkle a large covered pan or covered pot with olive oil and warm under medium-high heat. Cook the onions until they just start to turn tender.
- ❖ Add the chicken and garlic, and cook for about 5 minutes or until the pieces begin to brown. The chicken can be cubed before cooking or while cooking.
- ❖ Add the tomatoes (with juice), chick peas (without juice), raisins, parsley, thyme, cumin, cinnamon, and pepper.
- ❖ Bring to a boil, reduce the heat, cover, and simmer for 20-30 minutes, stirring occasionally. Season with more pepper and salt, to taste.
- ❖ Serve with couscous, parmesan flavored is recommended.

Ingredients

Serves 4

- Olive oil
- 2 yellow onions, diced
- ¾ pound boneless chicken tenders, cubed
- 1 clove garlic, minced
- ¾ cup chicken broth
- 14.5 oz. can diced tomatoes
- 15 oz. can chick peas, drained
- ½ cup raisins
- 3 tablespoons dried parsley
- 1 teaspoon dried thyme
- 1 teaspoon cumin
- ¼ teaspoon ground cinnamon
- 1 teaspoon ground pepper
- Salt, to taste
- Couscous (parmesan)

