

# *Everyday Healthy! Everyday Delicious!*

From the Kitchen of Janice Feuer Haugen

## **Winter Vegetable Tagine**

Warm, comforting, vegan and perfect for a winter's day. Traditionally tagines are served over a bed of couscous. A bed of quinoa makes for a gluten-free alternative.

Makes about 12 cups

Active time: 1 hour

Total time: 2 ¾ hours

2 tablespoons olive oil  
1 onion, halved and thinly sliced pole-to-pole  
2 cups carrots halved lengthwise, cut into 1-inch pieces  
1 cup celery halved lengthwise, cut into 1-inch pieces  
4 cloves garlic crushed  
2 tablespoons finely minced fresh ginger  
2 teaspoons sea salt  
4 cups (1 pound) winter squash peeled, seeded, cut into 1-inch cubes  
3 cups (scant 1 pound) small Yukon Gold potatoes, halved and sliced ½-inch thick  
2 cups (scant ¾ pound) turnips, peeled and cut into ¾-inch cubes  
1½ tablespoons *Ras El Hanout*  
¾ cup raisins  
1 cinnamon stick  
2 bay leaves  
1 28-ounce can diced tomatoes with juices  
1 cup water or vegetable stock  
**Garnish**  
½ cup fresh cilantro, coarsely chopped  
¼ cup fresh mint, coarsely chopped  
¼ cup minced preserved lemons, optional

1. Add oil to a large Dutch oven or heavy-bottomed soup pot over medium high heat. Stir in the onion. Cover the pan and cook until the onion softens and becomes translucent, about 5 minutes.
2. Stir in the carrots, celery, garlic, ginger and salt and cook 5 minutes.
3. Add the squash, potatoes and turnips. Toss the vegetables with the raisins, *ras el hanout*, cinnamon stick and bay leaves.
4. Stir in the diced tomatoes with their juices and the cup of water or vegetable stock.
5. Bring to a boil. Cover the pot and lower the heat. Simmer the tagine without disturbing for 2 hours.
6. Transfer the Winter Vegetable Tagine to a serving dish. Sprinkle with the fresh herbs and optional preserved lemons. Serve hot or at room temperature over a bed of couscous or quinoa.

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## **Winter Vegetable Tagine...continued**

### **Moroccan *Ras El Hanout* Spice Blend**

Recipe from [Epicurious.com](http://Epicurious.com)

Active time: 5 minutes

1 teaspoon ground cumin  
1 teaspoon ground ginger  
1 teaspoon salt  
3/4 teaspoon freshly ground black pepper  
1/2 teaspoon ground cinnamon  
1/2 teaspoon ground coriander seeds  
1/2 teaspoon cayenne  
1/2 teaspoon ground allspice  
1/4 teaspoon ground cloves

In a small bowl whisk together all ingredients until combined well. *Ras el hanout* can be mixed in advance and stored in an airtight container for about a month.

