

# Moroccan Chicken Stew

24 Servings



**Pacific Northwest  
Canned Pears**

Always ripe. Always ready.

## Ingredients

9 pounds boneless, skinless chicken thighs  
Kosher salt and freshly ground black pepper to taste  
1/3 cup canola or vegetable oil  
2-1/2 pounds onions, thinly sliced (about 12 cups)  
2-1/4 pounds carrots, thinly sliced on the diagonal (about 6 cups)  
3/4 cup unbleached all-purpose flour  
2 tablespoons ground cumin  
1 tablespoon turmeric  
2 teaspoons dried red pepper flakes  
1-1/2 teaspoons cinnamon  
12 cups chicken stock  
3-1/2 pounds zucchini, thinly sliced (about 12 cups)  
3 pounds (9 cups) cooked garbanzo beans, well drained  
3 pounds (9 cups) Pacific Northwest Canned Pears, diced, in juice, drained  
1/3 cup freshly squeezed lemon juice

## Method

Cut the chicken thighs crosswise in 2 to 3 pieces each, depending upon size. Season with salt and pepper and set aside.

Heat the oil in a large skillet over medium-high heat. Add the chicken and brown on all sides. Remove the chicken from the pan and add the onions and carrots, sautéing until the onions begin to soften, about 10 minutes.

Stir in the flour, cumin, turmeric, pepper flakes and cinnamon before adding the chicken stock gradually, while stirring constantly. Bring the mixture to a boil and add the chicken, zucchini, garbanzo beans and pear. Simmer until the chicken is cooked through and the vegetables are tender-crisp, about 10 minutes.

Remove the pan from the heat, stir in the lemon juice and season to taste with additional salt and pepper. Serve immediately, with hot rice.

## Servings

Makes 24 (1-1/3 cup) servings

## Nutrition

<i>Calories</i>	577
<i>Calories from Fat</i>	179
<i>Fat</i>	20g
<i>Saturated Fat</i>	4g
<i>Cholesterol</i>	113mg
<i>Sodium</i>	901mg
<i>Carbohydrate</i>	56g
<i>Dietary Fiber</i>	13g
<i>Sugar</i>	16g
<i>Protein</i>	45g
<i>Vitamin A</i>	297% DV
<i>Vitamin C</i>	22% DV
<i>Calcium</i>	11% DV
<i>Potassium</i>	28% DV
<i>Iron</i>	36% DV