



**Pacific Northwest  
Canned Pears**

Always ripe. Always ready.

# Moroccan Chicken Stew

8 Servings

## Ingredients

1-1/4 pounds boneless, skinless chicken thighs  
2 tablespoons canola or vegetable oil  
1/2 teaspoon kosher salt  
1/2 teaspoon freshly ground black pepper  
1 medium onion, thinly sliced  
2 carrots, thinly sliced on the diagonal (about 1 cup)  
3 tablespoons unbleached all-purpose flour  
1 teaspoon ground cumin  
1/2 teaspoon turmeric  
1/4 teaspoon dried red pepper flakes  
1/4 teaspoon cinnamon  
2 cups chicken broth  
1 can (15 ounces) garbanzo beans, drained  
1 can (15 ounces) Pacific Northwest Canned Pears, halves, in juice, drained and diced  
1 medium zucchini, sliced 1/4-inch thick (about 1-1/2 cups)  
2 tablespoons freshly squeezed lemon juice

## Method

Cut each chicken thigh into 3 or 4 pieces and set aside. Heat a large skillet over medium-high heat and add the oil. When the oil is hot, add the chicken and brown on all sides, about 6 to 8 minutes. Remove the browned chicken pieces from the pan and season with salt and pepper.

Add the onions and carrots to the pan and cook over medium heat until the onion begins to soften, about 5 minutes. Stir in the flour, cumin, turmeric, pepper flakes and cinnamon, and then add chicken the broth. Bring to a boil, cook and stir until the mixture begins to thicken slightly.

Add the browned chicken back to the pan with the garbanzo beans and pears, and simmer over low heat for 15 minutes, or until the chicken is tender. Add the zucchini and lemon juice and cook 10 minutes more.

Serve immediately, with hot rice.

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## 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