



# Total Locals Club

Recipes for pairing with Total Locals  
Club January 2013 Selections

[www.tastelocalwines.com](http://www.tastelocalwines.com)  
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## Moroccan Vegetarian Sweet Potato Stew

Pair with 2007 Kitfox Treasure Hunter

Serves 6

### Ingredients:

- 1 large Spanish onion diced
- 2 cloves garlic minced
- 1 tsp. turmeric
- 1/2 tsp curry powder
- 1/2 tsp cumin
- 1/4 tsp red pepper flakes
- 1/2 tsp salt and pepper each
- 3/4 tsp cinnamon
- 1/4 tsp ground nutmeg
- 2 sweet potatoes cut into 1 inch cubes
- 1 acorn squash cut into 1 inch cubes
- 2 carrots cut into 1 inch rounds
- 1/2 cup vegetable broth
- 1 15oz. can chick peas rinsed and drained
- 1 15 oz. can whole tomatoes
- 1/2 cup raisins

In a heavy stock pot, sauté onions over low heat until soft, then add garlic and sauté 1-2 minutes without browning.

Add spices and cook a few minutes. Stir in sweet potatoes, acorn squash, carrots and broth and bring to a boil.

Reduce heat to low and simmer covered for 5 minutes.

Add chick peas, tomatoes and raisins and simmer until the vegetables are tender about 30 minutes.

Serve over brown rice along with 2007 Kitfox Treasure Hunter.

