

Treasure Barrel

Moroccan Potato Tagine

A warmly spiced vegetarian tagine with potatoes, carrots, and chickpeas simmered to perfection.

20 min Prep time	**1 h 15 min** Cook time	**1 h 35 min** Total time
6 Servings	**Easy** Difficulty	**Middle Eastern** Cuisine

Ingredients

Main Ingredients

- [ ] 2 lbs Yukon Gold potatoes, peeled and cut into 1-inch chunks
- [ ] 3 large carrots, peeled and cut into 1-inch chunks
- [ ] 1 large yellow onion, diced
- [ ] 4 cloves garlic, minced
- [ ] 1 (15 oz) can chickpeas, rinsed and drained
- [ ] 1/4 cup chopped preserved lemon rind
- [ ] 1/2 cup fresh cilantro or parsley, chopped

For the Spice Base and Broth

- [ ] 1/4 cup extra virgin olive oil
- [ ] 2 tsp ground cumin
- [ ] 2 tsp ground coriander
- [ ] 1 tsp sweet paprika
- [ ] 1/2 tsp turmeric
- [ ] 1/4 tsp cayenne pepper (optional, for heat)
- [ ] 3 cups vegetable broth
- [ ] Salt and black pepper to taste

Instructions

1. Prep the vegetables. Peel and chop the potatoes and carrots into similarly sized chunks so they cook evenly. Dice the onion and mince the garlic. Rinse the chickpeas. Having everything ready makes the next steps feel calm and organized.

2. Heat the olive oil in a large tagine or heavy-bottomed pot over medium heat. Add the diced onion and cook until softened and translucent, about 5-7 minutes. Stir in the minced garlic and cook for another minute until fragrant.

3. Toast the spices. Add the cumin, coriander, paprika, turmeric, and optional cayenne to the pot. Stir constantly for about 60 seconds until they become incredibly aromatic. Be careful not to burn them. This is where the deep flavor foundation is built.

4. Add the potatoes and carrots to the pot. Toss them well in the spiced oil until they are nicely coated. This helps the flavor cling to every piece. Pour in the vegetable broth and bring everything to a gentle simmer.

5. Simmer gently. Reduce the heat to low, cover the tagine or pot with its lid, and let it cook for about 45 minutes to 1 hour. You want the potatoes and carrots to be fork-tender but not mushy. Check occasionally to ensure it's at a gentle bubble, not a boil.

6 Add the chickpeas. About 15 minutes before the end of the cooking time, stir in the rinsed chickpeas so they can heat through and absorb some of the flavors without becoming too soft.

7 Finish and serve. Once the vegetables are tender, stir in the chopped preserved lemon and most of the fresh herbs. Taste and adjust seasoning with salt and pepper. Let it sit off the heat for 5 minutes before serving garnished with the remaining herbs.

Nutrition per serving

285 kcal	7 g	45 g	10 g
Calories	Protein	Carbs	Fat

Tips & notes

- This tagine is fantastic for meal prep—it reheats beautifully.
- If the broth seems too thin after cooking, you can mash a few potato pieces against the side of the pot to thicken it naturally.
- For a heartier meal, brown some diced lamb or beef sausage in the pot before starting the onions.