



# Moroccan Chicken Tagine

Servings: 0 servings

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## Ingredients

- 5 teaspoons cumin seeds
- 5 teaspoons coriander seeds
- 2 1/2 teaspoons whole allspice
- 5 teaspoons ground nutmeg
- 2 1/2 teaspoons ground ginger
- 1 1/4 teaspoons ground red pepper
- 1 1/4 teaspoons ground cinnamon
- 1 teaspoon olive oil
- 8 cups vertically sliced onion (about 2 pounds)
- 1/2 teaspoon salt
- 1 1/2 teaspoons sugar
- 1/2 teaspoon black pepper
- 1 (10 1/2-ounce) can low-salt chicken broth
- 1/4 cup raisins
- 4 chicken thighs (about 2 pounds), skinned
- 1 (15 1/2-ounce) can chickpeas (garbanzo beans), drained
- 4 cups hot cooked couscous

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## Directions

Place first 3 ingredients in a spice or coffee grinder; process until finely ground. Combine cumin mixture, nutmeg, ginger, red pepper, and cinnamon; set aside.

Heat oil in a Dutch oven over medium heat. Add onion and salt; cover and cook 10 minutes.

Add 1 teaspoon cumin mixture, sugar, and black pepper; cover and cook 15 minutes.

Preheat oven to 375°.

Add broth, and cook, uncovered, 30 minutes. Add raisins, chicken, and chickpeas; cover and bake chicken mixture at 375° for 30 minutes. Serve with couscous.

Note: Store remaining cumin mixture in an airtight container for up to 6 months.

Yield: 4 servings (serving size: 1 chicken thigh, about 2/3 cup onion mixture, and 1 cup couscous)

CALORIES 543 (13% from fat); FAT 7.6g (sat 1.7g, mono 2.4g, poly 2.1g); PROTEIN 31.1g;

CHOLESTEROL 58mg; CALCIUM 121mg; SODIUM 548mg; FIBER 10g; IRON 5.5mg;

CARBOHYDRATE ~ 91.6g

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