



## Chicken & apricot tagine

3 chicken breasts, cubed  
1 Tbsp. spelt flour  
1 diced onion  
2 cloves minced garlic  
2 Tbsp. olive oil  
1 Tbsp. ground ginger  
8 oz. dried apricots  
1 Tbsp. tomato paste or organic ketchup  
1 can diced tomatoes  
1 can chickpeas, drained  
2 Tbsp. honey  
1 c. chicken stock  
2 diced carrots  
1/2 tsp. turmeric  
1/2 tsp. ground coriander  
1/2 tsp. ground cinnamon  
1/2 tsp. ground cumin  
1/2 tsp. cayenne pepper

Cook in a crock pot on low for 6 hours. Serve over brown rice with raisins and cashews.

