

- 1 tablespoon olive oil
- 3 boneless, skinless chicken breasts
- 1 medium sweet potato
- 1 small onion
- 1 large carrot
- 1¼ cups chicken stock
- 3 fresh plum tomatoes
- 1 small yellow zucchini
- 1 small green zucchini
- 6 dried apricots
- 1 inch fresh ginger root
- 1 cup canned chickpeas
- 2 tablespoons lemon juice
- 1 tablespoon honey
- ⅛ teaspoon cayenne pepper
- 5 saffron threads
- ¼ teaspoon cinnamon
- ¼ teaspoon cumin
- ¼ teaspoon turmeric
- Salt and pepper to taste

## Moroccan Chicken with Sweet Potatoes

**Dehydration Time: 7–10 hours**  
**Makes 4–6 servings**



*One of my first wilderness cooking students lived in Morocco part of her life and shared some interesting stories with me. Her experiences inspired this dish.*

### AT HOME

Cut the chicken into small chunks. Dice the sweet potato, mince the onion, and chop the carrots. Put the olive oil in a heavy pot on medium heat. Add chicken chunks and brown them. Add the sweet potato, onion, and carrot. Then pour in the chicken stock to cover. Let simmer for 30 minutes.

While that is simmering, chop the tomatoes, zucchini, and apricots. Grate the ginger. Drain and rinse the chickpeas. Add all these ingredients, as well as the lemon juice, honey, and seasoning. Let simmer for another 30 minutes. Remove the meal from heat and let cool.

Measure what you will dry and write this measurement on a sticky note. Place the food on lined dehydrator trays and dry for 7 to 10 hours. Put the dried ingredients and the note in a ziplock freezer bag.

### AT CAMP

Add enough boiling water to the chicken mixture in a pot to equal the measurement on your sticky note. Be sure to account for and add your dried ingredients to the rehydration container prior to adding the water. You can always add more water if you need to. Put the pot in a cozy and let sit for at least an hour or until fully rehydrated. When it is fully rehydrated, reheat it. Serve with French bread or pitas, if desired.

### Tips

It is important to allow the chicken doesn't re water, simmer it over m serving.

If you prefer to make vegetable stock and om vegetables by 1½ cups protein, or TVP.

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## TIPS

It is important to allow chicken more time to come back. If the chicken doesn't rehydrate completely soaking in boiling water, simmer it over medium heat for a few minutes before serving.

If you prefer to make this vegetarian, you can substitute vegetable stock and omit the chicken. Then increase the vegetables by 1½ cups or add ¾ cup textured vegetable protein, or TVP.

