



African Squash and Chick Pea Stew



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



280 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 cups butternut squash peeled seeded cut into 1-inch cubes
- ☐ 15 oz garbanzo beans rinsed drained canned (garbanzo beans)
- ☐ 14.5 oz canned tomatoes diced low-sodium undrained canned
- ☐ 0.5 cup cilantro leaves fresh chopped
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 1 teaspoon ground coriander
- ☐ 1.5 teaspoons ground cumin
- ☐ 0.3 teaspoon ground pepper red (cayenne)

- ☐ 0.5 teaspoon turmeric
- ☐ 1.5 cups okra thinly sliced
- ☐ 4 teaspoons olive oil
- ☐ 2 cups onion chopped
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup pumpkin seeds raw unsalted hulled toasted (pepitas)
- ☐ 2 cups vegetable stock

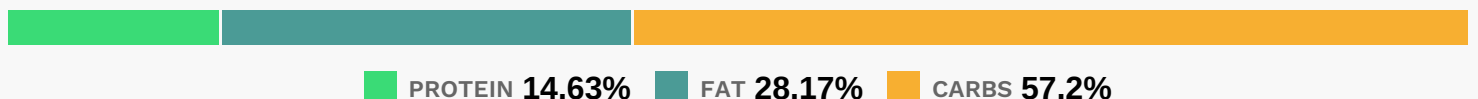
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ dutch oven

Directions

- ☐ In 5-quart Dutch oven or saucepan, heat 3 teaspoons of the oil over medium heat.
- ☐ Add onions to oil; cook 10 minutes, stirring occasionally, until golden brown.
- ☐ Add all spices; stir until onions are well coated. Cook about 3 minutes, stirring frequently, until glazed and deep golden brown. Stir in squash; coat well with seasoned mixture. Stir in broth, tomatoes and chickpeas.
- ☐ Heat soup to boiling; reduce heat. Cover and simmer about 15 minutes or until squash is tender.
- ☐ Meanwhile, in 8-inch skillet, heat remaining 1 teaspoon oil over medium-high heat; add okra to oil. Cook 3 to 5 minutes, stirring frequently, until tender and edges are golden brown; stir into stew.
- ☐ Divide stew evenly among 4 bowls. For each serving, top stew with 2 tablespoons chopped cilantro and generous 1 tablespoon pumpkin seeds.

Nutrition Facts



Properties

Glycemic Index:67.83, Glycemic Load:8.9, Inflammation Score:-10, Nutrition Score:28.276956620424%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 25.16mg, Quercetin: 25.16mg, Quercetin: 25.16mg, Quercetin: 25.16mg

Nutrients (% of daily need)

Calories: 280.02kcal (14%), Fat: 9.51g (14.64%), Saturated Fat: 1.36g (8.5%), Carbohydrates: 43.47g (14.49%), Net Carbohydrates: 32g (11.64%), Sugar: 11.14g (12.38%), Cholesterol: 0mg (0%), Sodium: 1058.13mg (46.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.11g (22.23%), Vitamin A: 8396.36IU (167.93%), Manganese: 1.95mg (97.46%), Vitamin C: 39.78mg (48.22%), Vitamin B6: 0.96mg (48.16%), Fiber: 11.47g (45.9%), Magnesium: 139.75mg (34.94%), Potassium: 1012.81mg (28.94%), Copper: 0.56mg (28.18%), Iron: 4.78mg (26.54%), Vitamin K: 27.52µg (26.21%), Phosphorus: 260.81mg (26.08%), Folate: 101.19µg (25.3%), Vitamin E: 3.23mg (21.52%), Vitamin B1: 0.32mg (21.04%), Calcium: 172.5mg (17.25%), Vitamin B3: 3.06mg (15.31%), Zinc: 1.97mg (13.16%), Vitamin B5: 1.13mg (11.26%), Vitamin B2: 0.14mg (8.51%), Selenium: 4.47µg (6.39%)