






 **52%**  
HEALTH SCORE

# Beet, Squash, and Radish Moroccan Stew

 Vegetarian  Dairy Free

READY IN  
  
**90 min.**

SERVINGS  
  
**6**

CALORIES  
  
**432 kcal**

LUNCH MAIN COURSE MAIN DISH DINNER

## Ingredients

- 0.8 cup almonds toasted sliced
- 3 cups beets peeled
- 1.5 pound butternut squash
- 15 ounce chickpeas drained and rinsed
- 2 cups couscous cooked
- 0.3 cup cilantro leaves fresh coarsely chopped
- 4 medium garlic clove minced
- 0.3 cup golden raisins

- 1 teaspoon ground coriander
- 1 teaspoon ground cumin
- 0.3 cup harissa plus more for serving
- 1 tablespoon honey
- 1 tablespoon kosher salt plus more for seasoning
- 1.5 teaspoons simple preserved lemons finely grated finely chopped
- 2 tablespoons olive oil
- 1 teaspoon paprika
- 1 pound radishes trimmed halved ( 2 bunches)
- 2.5 cups water
- 1 medium onion yellow

## Equipment

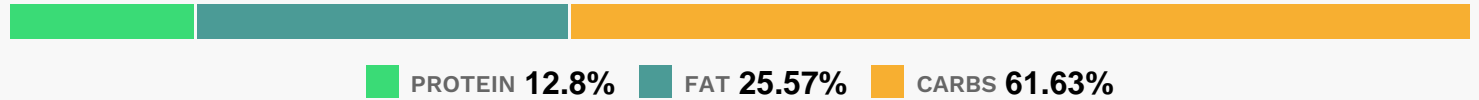
- pot
- dutch oven
- peeler

## Directions

- For the stew:Prepare the squash: Peel off the skin with a vegetable peeler. Trim the top and bottom.
- Cut the neck from the bulb of the squash. Halve each piece lengthwise and scrape out the seeds.
- Cut the squash into 1/2-inch cubes and set aside. (You will need about 3 1/2 cups. Save any remaining squash for another use.)
- Heat the oil in a large pot or Dutch oven over medium heat until shimmering.
- Add the onion and cook, stirring occasionally, until softened, about 10 minutes.
- Add the garlic, measured salt, coriander, cumin, and paprika and stir to combine. Cook, stirring occasionally, until the garlic and spices are fragrant, about 1 minute.
- Add the beets, water, and harissa and stir to combine. Bring the mixture to a simmer and cook, stirring occasionally, until the beets are slightly softened, about 10 minutes.

- Add the squash, radishes, chickpeas, raisins, and honey and stir to combine. Return the mixture to a simmer and reduce the heat to low. Simmer, stirring every 10 minutes and making sure to stir to the bottom of the pot to rotate the vegetables evenly, until the vegetables are fork-tender but still hold their shape, about 45 minutes. Taste and season with salt as needed.
- Remove from the heat and stir in the preserved lemon or lemon zest. For serving: Spoon the stew over the couscous and sprinkle with the almonds and cilantro. Pass additional harissa on the side.

## Nutrition Facts



### Properties

Glycemic Index:69.11, Glycemic Load:19.19, Inflammation Score:-10, Nutrition Score:31.61608737448%

### Flavonoids

Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg Pelargonidin: 47.73mg, Pelargonidin: 47.73mg, Pelargonidin: 47.73mg, Pelargonidin: 47.73mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Isorhamnetin: 1.22mg, Isorhamnetin: 1.22mg, Isorhamnetin: 1.22mg, Isorhamnetin: 1.22mg Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 4.38mg, Quercetin: 4.38mg, Quercetin: 4.38mg, Quercetin: 4.38mg

### Nutrients (% of daily need)

Calories: 431.9kcal (21.59%), Fat: 12.91g (19.87%), Saturated Fat: 1.4g (8.72%), Carbohydrates: 70.04g (23.35%), Net Carbohydrates: 55.78g (20.28%), Sugar: 21.8g (24.23%), Cholesterol: 0mg (0%), Sodium: 1468.9mg (63.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.54g (29.08%), Vitamin A: 12418.28IU (248.37%), Manganese: 1.65mg (82.44%), Folate: 264.22µg (66.05%), Fiber: 14.27g (57.09%), Vitamin C: 44.15mg (53.52%), Vitamin E: 6.02mg (40.14%), Potassium: 1276.53mg (36.47%), Magnesium: 141.45mg (35.36%), Copper: 0.64mg (32.13%), Phosphorus: 293.38mg (29.34%), Selenium: 19.73µg (28.19%), Iron: 4.98mg (27.66%), Vitamin B6: 0.52mg (25.79%), Vitamin B1: 0.31mg (20.89%), Vitamin B2: 0.31mg (18.07%), Calcium: 178.74mg (17.87%), Vitamin B3: 3.5mg (17.49%), Zinc: 2.37mg (15.78%), Vitamin B5: 1.19mg (11.92%), Vitamin K: 11.52µg (10.97%)