



Chickpea Chili

 Dairy Free  Very Healthy

READY IN



570 min.

SERVINGS



8

CALORIES



404 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 cups butternut squash peeled chopped
- ☐ 28 ounce canned tomatoes whole crushed undrained canned
- ☐ 6 cups couscous hot cooked
- ☐ 1 cup chickpeas dried
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 5 garlic clove minced
- ☐ 0.5 cup golden raisins
- ☐ 0.5 teaspoon ground cinnamon

- ☐ 1.5 teaspoons ground cumin
- ☐ 0.5 teaspoon ground pepper red
- ☐ 0.3 teaspoon turmeric
- ☐ 1 teaspoon kosher salt
- ☐ 8 lime wedges
- ☐ 2.5 cups beef broth fat-free
- ☐ 2 tablespoons olive oil divided
- ☐ 1.5 cups onion chopped
- ☐ 1 cup peas green frozen thawed
- ☐ 0.7 cup pimiento stuffed olives sliced
- ☐ 1 tablespoon tomato paste
- ☐ 0.5 cup water
- ☐ 2 quarts water boiling

Equipment

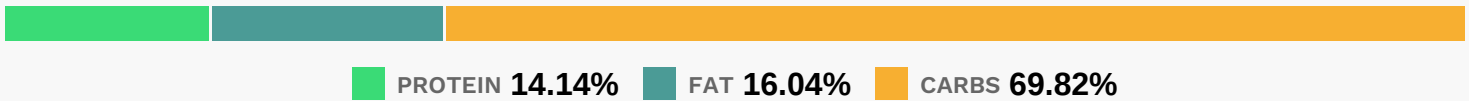
- ☐ frying pan
- ☐ sauce pan
- ☐ slow cooker

Directions

- ☐ Place chickpeas in a saucepan; add 2 quarts boiling water. Cover and let stand 1 hour; drain.
- ☐ Place beans in a 6-quart slow cooker.
- ☐ Heat a large skillet over medium-high heat.
- ☐ Add 1 tablespoon oil to pan; swirl to coat.
- ☐ Add onion; saut 4 minutes, stirring occasionally.
- ☐ Add garlic; saut 1 minute, stirring constantly. Stir in tomato paste and next 5 ingredients (through turmeric); saut 30 seconds, stirring constantly.
- ☐ Add onion mixture to slow cooker.

- ☐ Add broth and next 4 ingredients (through tomatoes) to slow cooker; cover and cook on HIGH 8 hours.
- ☐ Heat a large skillet over medium-high heat.
- ☐ Add remaining 1 tablespoon oil; swirl to coat.
- ☐ Add squash; saute 5 minutes.
- ☐ Add squash to slow cooker. Cover and cook on HIGH 1 hour; stir in peas.
- ☐ Sprinkle with cilantro.
- ☐ Serve over couscous with lime wedges.

Nutrition Facts



Properties

Glycemic Index:54.69, Glycemic Load:26.92, Inflammation Score:-10, Nutrition Score:29.622608806776%

Flavonoids

Hesperetin: 7.74mg, Hesperetin: 7.74mg, Hesperetin: 7.74mg, Hesperetin: 7.74mg Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 6.68mg, Quercetin: 6.68mg, Quercetin: 6.68mg, Quercetin: 6.68mg

Nutrients (% of daily need)

Calories: 404.4kcal (20.22%), Fat: 7.58g (11.66%), Saturated Fat: 1.02g (6.35%), Carbohydrates: 74.26g (24.75%), Net Carbohydrates: 61.9g (22.51%), Sugar: 17.02g (18.91%), Cholesterol: 0mg (0%), Sodium: 782.59mg (34.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.04g (30.07%), Vitamin A: 7985.1IU (159.7%), Manganese: 1.2mg (59.86%), Folate: 209.05µg (52.26%), Selenium: 36.5µg (52.15%), Vitamin C: 41.13mg (49.85%), Fiber: 12.35g (49.41%), Potassium: 1194.72mg (34.13%), Copper: 0.65mg (32.63%), Vitamin B6: 0.59mg (29.59%), Vitamin B1: 0.42mg (27.77%), Iron: 4.86mg (27%), Magnesium: 102mg (25.5%), Vitamin E: 3.77mg (25.16%), Phosphorus: 221.9mg (22.19%), Vitamin B3: 4.29mg (21.44%), Vitamin K: 17.68µg (16.84%), Vitamin B5: 1.52mg (15.17%), Calcium: 148.28mg (14.83%), Zinc: 1.95mg (13.03%), Vitamin B2: 0.21mg (12.51%)