



Couscous with Lamb Stew



Gluten Free



Very Healthy

READY IN



45 min.

SERVINGS



10

CALORIES



558 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaf (not California)
- ☐ 1 teaspoon pepper black
- ☐ 1 lb butternut squash peeled seeded cut into 1/2-inch cubes
- ☐ 19 oz chickpeas rinsed drained canned (2 cups)
- ☐ 4 carrots sliced
- ☐ 0.5 teaspoon cayenne to taste
- ☐ 1 cayenne chile fresh finely chopped
- ☐ 0.5 teaspoon rosemary dried

- ☐ 1 teaspoon thyme leaves dried
- ☐ 2 lb lamb shoulder boneless trimmed cut into 1 1/2-inch cubes
- ☐ 0.3 cup olive oil
- ☐ 3 large onions thinly sliced
- ☐ 1 teaspoon oregano dried
- ☐ 0.5 teaspoon paprika
- ☐ 20 oz quick-cooking couscous ()
- ☐ 3 bell peppers green red cut into 1/2-inch pieces
- ☐ 1 tablespoon rose petals dried crushed (pesticide-free; optional)
- ☐ 1 pinch saffron threads
- ☐ 1 teaspoon salt
- ☐ 4 cups sacramento tomato juice canned
- ☐ 2 tablespoons tomato paste
- ☐ 4.5 lb tomatoes peeled seeded quartered
- ☐ 4 turnips peeled cut into 1/2-inch-wide wedges
- ☐ 2 tablespoons butter unsalted
- ☐ 4 cups water
- ☐ 1.5 lb zucchini thick halved lengthwise sliced

Equipment

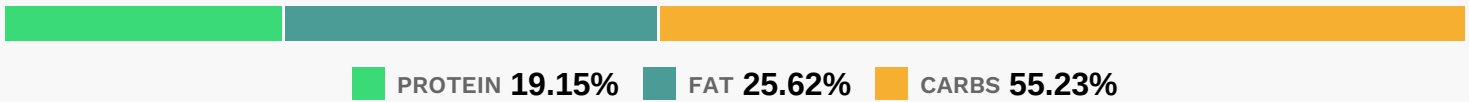
- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ pot
- ☐ slotted spoon

Directions

- ☐ Pat lamb dry.

- ☐ Heat oil in a 7- to 8-quart heavy pot over moderately high heat until hot but not smoking, then brown lamb in 3 batches, transferring to a bowl.
- ☐ Add onions to pot and cook, stirring occasionally, until golden, about 10 minutes. Stir in lamb with any juices that have accumulated in bowl, tomatoes, tomato juice, salt, black pepper, chile, herbs, and saffron and simmer, covered, 1 1/2 hours.
- ☐ Stir in carrots, turnips, bell peppers, and pumpkin and simmer, covered, 30 minutes. Stir in zucchini and chickpeas and simmer, covered, until zucchini is tender, 20 to 25 minutes.
- ☐ Pour 1 cup broth from pot into a small heavy saucepan and add tomato paste, whisking until smooth. Simmer, stirring, until thick, about 10 minutes, then stir in paprika, rose petals, and cayenne.
- ☐ Bring water to a boil with butter and salt in a 4-quart heavy saucepan. Stir in couscous, cover, and remove from heat.
- ☐ Let stand 5 minutes, then fluff with a fork. Mound couscous on a platter and top with stew, using a slotted spoon.
- ☐ Serve broth and tomato sauce on the side.
- ☐ *Available by mail order from Kalustyan's (21
- ☐ -3451.

Nutrition Facts



Properties

Glycemic Index:66.72, Glycemic Load:31.78, Inflammation Score:-10, Nutrition Score:46.420435004908%

Flavonoids

Naringenin: 1.39mg, Naringenin: 1.39mg, Naringenin: 1.39mg, Naringenin: 1.39mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.72mg, Luteolin: 1.72mg, Luteolin: 1.72mg, Luteolin: 1.72mg Isorhamnetin: 2.25mg, Isorhamnetin: 2.25mg, Isorhamnetin: 2.25mg, Isorhamnetin: 2.25mg Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 11.61mg, Quercetin: 11.61mg, Quercetin: 11.61mg, Quercetin: 11.61mg

Nutrients (% of daily need)

Calories: 558.3kcal (27.92%), Fat: 16.84g (25.91%), Saturated Fat: 4.22g (26.38%), Carbohydrates: 81.7g (27.23%), Net Carbohydrates: 64.39g (23.42%), Sugar: 19.61g (21.79%), Cholesterol: 42.6mg (14.2%), Sodium: 652.22mg (28.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.32g (56.63%), Vitamin A: 11409.33IU (228.19%),

Manganese: 3.8mg (189.97%), Vitamin C: 115.96mg (140.56%), Fiber: 17.3g (69.22%), Magnesium: 273.64mg (68.41%), Phosphorus: 579.38mg (57.94%), Vitamin B6: 1.14mg (56.85%), Potassium: 1913.19mg (54.66%), Selenium: 35.12µg (50.18%), Vitamin B1: 0.7mg (46.67%), Copper: 0.86mg (42.96%), Iron: 7.54mg (41.91%), Vitamin B3: 8.08mg (40.4%), Vitamin K: 40.86µg (38.91%), Zinc: 5.83mg (38.9%), Folate: 143.7µg (35.93%), Vitamin E: 5.09mg (33.93%), Vitamin B2: 0.44mg (25.7%), Vitamin B12: 1.53µg (25.51%), Vitamin B5: 2.04mg (20.37%), Calcium: 189.44mg (18.94%)