



Moroccan Beef Stew with Couscous

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



489 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 29 oz tomatoes diced canned
- ☐ 0.3 teaspoon cayenne
- ☐ 2 cups couscous
- ☐ 3 cups fat-skimmed chicken broth
- ☐ 0.3 cup mint leaves fresh chopped
- ☐ 1.5 teaspoons ground coriander
- ☐ 1.5 teaspoons ground cumin
- ☐ 0.3 teaspoon ground turmeric dried

- ☐ 0.8 lb onion peeled chopped
- ☐ 2 lb boned beef pot roast with gravy cooked
- ☐ 1 teaspoon salad oil

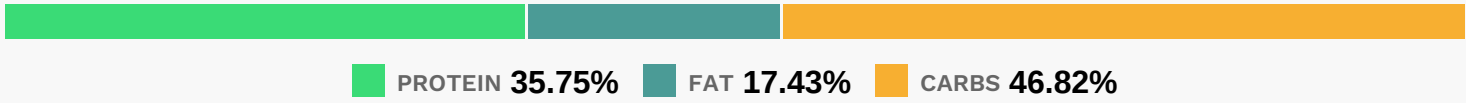
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ In a 12-inch nonstick frying pan or a 5- to 6-quart pan over medium-high heat, frequently stir onion in oil until limp, 4 to 5 minutes.
- ☐ Add cumin, coriander, cayenne, and turmeric and stir until fragrant, about 30 seconds.
- ☐ Add tomatoes and their juice; bring to a boil over high heat, stirring often.
- ☐ Discard any solidified fat from beef and sauce. Scrape sauce from meat into pan.
- ☐ Cut beef into 3/4-inch cubes and add to pan. Cover, reduce heat to low, and simmer until meat is hot, 5 to 7 minutes.
- ☐ Meanwhile, in a 2- to 3-quart pan over high heat, bring broth to a boil. Stir in couscous, cover pan, and remove from heat; let stand until broth is absorbed and couscous is tender to bite, about 5 minutes.
- ☐ Pour couscous into a wide bowl. Spoon stew over couscous and sprinkle with mint.

Nutrition Facts



Properties

Glycemic Index:22.33, Glycemic Load:28.34, Inflammation Score:-8, Nutrition Score:27.467826335326%

Flavonoids

Eriodictyol: 0.58mg, Eriodictyol: 0.58mg, Eriodictyol: 0.58mg, Eriodictyol: 0.58mg Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg

Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 12.19mg, Quercetin: 12.19mg, Quercetin: 12.19mg, Quercetin: 12.19mg

Nutrients (% of daily need)

Calories: 488.64kcal (24.43%), Fat: 9.34g (14.37%), Saturated Fat: 3.02g (18.89%), Carbohydrates: 56.46g (18.82%), Net Carbohydrates: 50.79g (18.47%), Sugar: 5.86g (6.51%), Cholesterol: 98.28mg (32.76%), Sodium: 781.73mg (33.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 43.1g (86.21%), Zinc: 9.15mg (60.99%), Vitamin B3: 11.66mg (58.29%), Selenium: 40.13µg (57.33%), Vitamin B12: 3.42µg (56.95%), Vitamin B6: 1.05mg (52.35%), Phosphorus: 463.28mg (46.33%), Manganese: 0.72mg (36%), Iron: 5.83mg (32.41%), Potassium: 1001.86mg (28.62%), Vitamin B2: 0.42mg (24.85%), Fiber: 5.67g (22.68%), Magnesium: 87.29mg (21.82%), Copper: 0.43mg (21.72%), Vitamin C: 17.76mg (21.53%), Vitamin B1: 0.31mg (20.83%), Vitamin B5: 2.08mg (20.8%), Folate: 56.37µg (14.09%), Calcium: 109.61mg (10.96%), Vitamin E: 1.54mg (10.28%), Vitamin K: 6.6µg (6.28%), Vitamin A: 282.13IU (5.64%), Vitamin D: 0.15µg (1.01%)