



WHATSheATE



HEALTH SCORE

60%

Moroccan Stewed Cowpeas with Kale



Gluten Free



Dairy Free



Very Healthy

READY IN



120 min.

SERVINGS



8

CALORIES



209 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients



28 oz canned tomatoes diced canned



1 teaspoon cayenne pepper



8 servings chicken stock see as needed to taste



1 cinnamon sticks whole



4 clove garlic peeled roughly chopped



1 teaspoon ground cumin



1 teaspoon ground ginger



1 bunch kale thick roughly chopped

- ☐ 2 tablespoon olive oil
- ☐ 1 pound eyes peas black
- ☐ 8 servings salt and pepper as needed
- ☐ 1 teaspoon african berber spice mix (substitute paprika)
- ☐ 1 star anise whole

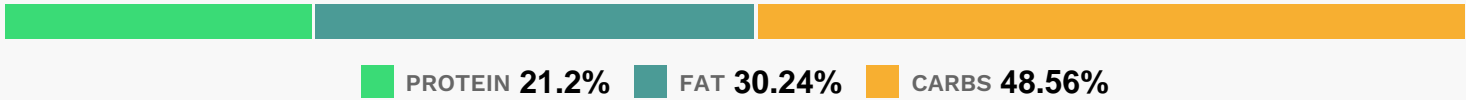
Equipment

- ☐ dutch oven

Directions

- ☐ Rinse the beans well,
- ☐ Drain and set aside.
- ☐ Heat the oil in a large heavy bottomed dutch oven set over medium heat.
- ☐ Add the onions and garlic and cook, stirring often until the onions soften and the garlic is fragrant.
- ☐ Add the beans, stirring to coat and cook an additional 2 minutes.
- ☐ Add the cumin, paprika, ginger, cayenne, cinnamon stick, star anise, and tomatoes with their liquid and enough water to cover the beans by about 1-inch. Bring the beans to a simmer, add 2 or 3 teaspoons salt then lower the heat and cook covered, stirring occasionally until the beans are softened somewhat and most of the liquid is mostly absorbed; about 45 minutes to 1 hour. Watch the liquid level carefully and add more water if needed.
- ☐ Add enough chicken stock to cover the beans by about 1-inch (or more if you prefer to serve this as a soup). Bring the mixture to a boil, lower heat and simmer until the beans are tender but not mushy. About 15 minutes.
- ☐ Remove the cinnamon stick and star anise.
- ☐ Add the kale, stirring to incorporate until it is just wilted. Adjust seasoning and serve with sour cream or crumbled feta cheese (optional).

Nutrition Facts



Properties

Glycemic Index:24.54, Glycemic Load:4.42, Inflammation Score:-9, Nutrition Score:22.577826033468%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Isorhamnetin: 3.84mg, Isorhamnetin: 3.84mg, Isorhamnetin: 3.84mg, Isorhamnetin: 3.84mg Kaempferol: 7.61mg, Kaempferol: 7.61mg, Kaempferol: 7.61mg, Kaempferol: 7.61mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.7mg, Quercetin: 3.7mg, Quercetin: 3.7mg, Quercetin: 3.7mg

Nutrients (% of daily need)

Calories: 208.64kcal (10.43%), Fat: 7.3g (11.22%), Saturated Fat: 1.39g (8.71%), Carbohydrates: 26.36g (8.79%), Net Carbohydrates: 19.9g (7.24%), Sugar: 11.59g (12.88%), Cholesterol: 7.2mg (2.4%), Sodium: 680.52mg (29.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.51g (23.02%), Vitamin K: 89.49µg (85.23%), Vitamin C: 48.2mg (58.43%), Vitamin A: 2397.22IU (47.94%), Manganese: 0.75mg (37.67%), Vitamin B3: 6.49mg (32.44%), Fiber: 6.46g (25.83%), Vitamin B2: 0.4mg (23.28%), Vitamin B6: 0.45mg (22.51%), Vitamin B1: 0.33mg (22.31%), Potassium: 767.96mg (21.94%), Copper: 0.44mg (21.75%), Iron: 3.48mg (19.32%), Folate: 73.69µg (18.42%), Phosphorus: 173.16mg (17.32%), Vitamin E: 2.2mg (14.69%), Magnesium: 57.87mg (14.47%), Calcium: 117.27mg (11.73%), Selenium: 7.48µg (10.68%), Zinc: 1.45mg (9.65%), Vitamin B5: 0.37mg (3.68%)