



Moroccan-Style Vegetable Couscous



Dairy Free



Very Healthy



Popular

READY IN



90 min.

SERVINGS



6

CALORIES



2029 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 cups cabbage shredded
- ☐ 12 oz carrots peeled cut into 1/2 inch chunks (4 medium carrots)
- ☐ 1.8 cups garbanzo beans canned cooked drained (or substitute chickpeas,)
- ☐ 0.3 cup cilantro leaves
- ☐ 0.5 tsp cinnamon
- ☐ 0.3 cup apricot dried
- ☐ 10 oz couscous gluten free dry for substitute quinoa ()
- ☐ 1.5 tbsp olive oil extra virgin

- ☐ 2 tsp garlic chopped
- ☐ 0.3 tsp ginger
- ☐ 0.3 cup golden raisins
- ☐ 1 tbsp harissa (or substitute sambal oelek)
- ☐ 7 quart pot roast cut with lid, medium saucepan
- ☐ 6 servings salt and pepper black to taste
- ☐ 1 medium onion diced sweet
- ☐ 2 lb sweet potatoes and into peeled chopped (orange yams)
- ☐ 2 tbsp tomato paste
- ☐ 2.5 cups vegetable broth low sodium
- ☐ 1 lb zucchini cut into 1/2 inch rounds (4 medium zucchini)

Equipment

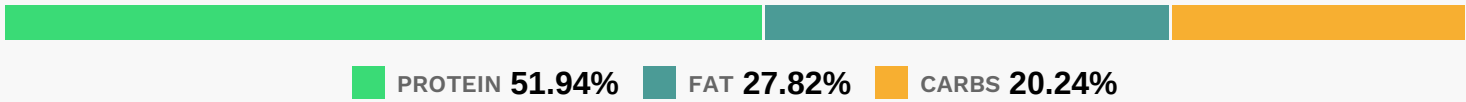
- ☐ pot

Directions

- ☐ Heat olive oil in a large pot over medium.
- ☐ Saute the onion for several minutes till softened.
- ☐ Add the garlic and saute for another minute till fragrant. Stir in the tomato paste, harissa, cinnamon, ginger and 1/2 cup of the low sodium vegetable broth till smooth. Bring to a boil.
- ☐ Add sweet potatoes, zucchini, carrots, shredded cabbage, dried apricots, golden raisins and cilantro to the pot. Stir till combined.
- ☐ Add remaining 2 cups of vegetable broth to the pot. Bring to a boil. Season with salt and pepper to taste (I use about 3/4 tsp salt and 1/4 tsp pepper). Reduce heat and cover the pot. Simmer the mixture for 50-60 minutes, stirring gently 2 times during cooking, till all the vegetables are fully tender. Season with additional salt and pepper to taste, if desired.
- ☐ Remove from heat.
- ☐ Add chickpeas to the pot and simmer for 5 minutes more till they're heated through. Meanwhile, prepare couscous according to package directions.
- ☐ Pour cooked couscous onto a large platter. Top with the cooked vegetable stew.

Serve.

Nutrition Facts



Properties

Glycemic Index:81.04, Glycemic Load:45.93, Inflammation Score:-10, Nutrition Score:75.06173911302%

Flavonoids

Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 1.01mg, Kaempferol: 1.01mg, Kaempferol: 1.01mg, Kaempferol: 1.01mg Myricetin: 0.71mg, Myricetin: 0.71mg, Myricetin: 0.71mg, Myricetin: 0.71mg Quercetin: 9.26mg, Quercetin: 9.26mg, Quercetin: 9.26mg, Quercetin: 9.26mg

Nutrients (% of daily need)

Calories: 2028.61kcal (101.43%), Fat: 61.13g (94.05%), Saturated Fat: 21.48g (134.23%), Carbohydrates: 100.04g (33.35%), Net Carbohydrates: 85.7g (31.16%), Sugar: 23.64g (26.27%), Cholesterol: 717.65mg (239.22%), Sodium: 1365.2mg (59.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 256.79g (513.58%), Vitamin A: 31520.08IU (630.4%), Zinc: 62.3mg (415.31%), Selenium: 273.61µg (390.87%), Vitamin B12: 23.3µg (388.27%), Vitamin B6: 6.37mg (318.41%), Vitamin B3: 61.73mg (308.64%), Phosphorus: 2501.14mg (250.11%), Potassium: 5027.04mg (143.63%), Iron: 25.63mg (142.38%), Vitamin B2: 2.15mg (126.42%), Vitamin B5: 9.66mg (96.61%), Magnesium: 362.56mg (90.64%), Manganese: 1.74mg (86.85%), Copper: 1.6mg (80.04%), Vitamin B1: 1.19mg (79.01%), Folate: 240.46µg (60.11%), Fiber: 14.34g (57.36%), Vitamin K: 58.9µg (56.1%), Vitamin C: 38.33mg (46.46%), Vitamin E: 5.25mg (34.98%), Calcium: 308.96mg (30.9%), Vitamin D: 1.1µg (7.36%)