



Roasted Vegetable Stew with Moroccan Couscous



Vegetarian



Vegan



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



421 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 28 ounce canned tomatoes diced canned
- ☐ 3 carrots chopped
- ☐ 1 cup couscous
- ☐ 0.5 cup apricots dried minced
- ☐ 1 teaspoon thyme leaves dried
- ☐ 1 large eggplant cut into 2-inch pieces
- ☐ 0.3 cup cilantro leaves fresh chopped

- ☐ 0.3 teaspoon ground cinnamon
- ☐ 1 teaspoon ground cumin
- ☐ 4 servings salt and ground pepper black
- ☐ 2 tablespoons olive oil
- ☐ 2 bell peppers red seeded chopped
- ☐ 4 cups vegetable broth reduced-sodium
- ☐ 1 large baby squash yellow cut into 2-inch pieces or 2 medium

Equipment

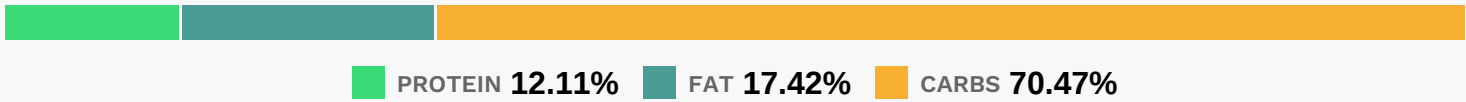
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat oven to 450 degrees F.
- ☐ Coat a large baking sheet with cooking spray.
- ☐ Transfer the cut vegetables to prepared baking sheet and drizzle with olive oil and 1/2 teaspoon each of salt and black pepper. Roast the vegetables for 20 minutes or until tender and golden brown.
- ☐ In a large saucepan, combine broth, tomatoes, cumin, and thyme. Set pan over high heat and bring to a boil. Stir in all but 2 cups of the roasted vegetables (reserve 1 cup of the roasted vegetables for the Eggplant Caponata and 1 cup for the Chicken Curry). Reduce heat to medium and simmer 5 minutes.
- ☐ Cook couscous according to package directions, adding apricots and cinnamon before the addition of boiling water.
- ☐ Remove vegetable stew from heat and stir in cilantro. Season, to taste, with salt and black pepper.

Spoon cooked couscous into shallow dinner bowls and top with vegetable stew.

Nutrition Facts



Properties

Glycemic Index:87.81, Glycemic Load:31.22, Inflammation Score:-10, Nutrition Score:33.415217285571%

Flavonoids

Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg

Nutrients (% of daily need)

Calories: 421.29kcal (21.06%), Fat: 8.69g (13.38%), Saturated Fat: 1.24g (7.75%), Carbohydrates: 79.12g (26.37%), Net Carbohydrates: 63.87g (23.23%), Sugar: 28.93g (32.15%), Cholesterol: 0mg (0%), Sodium: 307.36mg (13.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.59g (27.19%), Vitamin A: 10790.33IU (215.81%), Vitamin C: 113.96mg (138.14%), Manganese: 1.35mg (67.64%), Fiber: 15.25g (60.98%), Potassium: 1605.58mg (45.87%), Vitamin B6: 0.88mg (44.13%), Vitamin E: 5.94mg (39.59%), Vitamin K: 38.24µg (36.42%), Copper: 0.7mg (35.04%), Vitamin B3: 6.57mg (32.87%), Folate: 122.12µg (30.53%), Iron: 5.14mg (28.53%), Magnesium: 109.19mg (27.3%), Vitamin B1: 0.37mg (24.85%), Phosphorus: 241.93mg (24.19%), Vitamin B2: 0.39mg (22.8%), Vitamin B5: 1.94mg (19.41%), Calcium: 140.28mg (14.03%), Zinc: 1.68mg (11.21%), Selenium: 2.21µg (3.16%)