



Rockin' Moroccan Stew



Vegetarian



Vegan



Dairy Free

READY IN



40 min.

SERVINGS



6

CALORIES



786 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 80 ml apricot dried diced
- ☐ 250 ml artichoke hearts canned
- ☐ 125 ml olives black pitted
- ☐ 45 ml brown sugar
- ☐ 796 ml tomatoes diced canned
- ☐ 1 pinch pepper
- ☐ 1 ml cinnamon
- ☐ 750 ml couscous

- ☐ 1 clove garlic crushed
- ☐ 1 ml ginger
- ☐ 250 ml green beans dried
- ☐ 0.5 juice of lemon juiced
- ☐ 1 ml nutmeg
- ☐ 80 ml olive oil
- ☐ 1 onion chopped
- ☐ 125 ml prune- cut to pieces pitted halved
- ☐ 1 bell pepper red chopped
- ☐ 1 pinch saffron threads
- ☐ 250 ml slivered almonds toasted
- ☐ 125 ml textured vegetable protein
- ☐ 1 sweet potatoes and into diced
- ☐ 2 ml thyme leaves
- ☐ 250 ml vegetable stock
- ☐ 1125 ml water boiling

Equipment

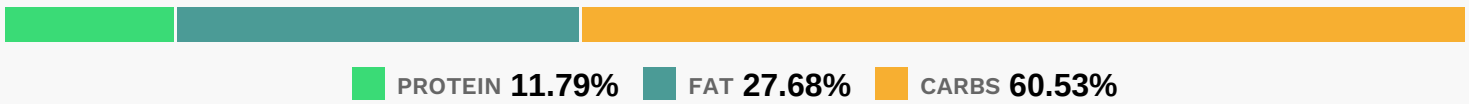
- ☐ bowl
- ☐ frying pan
- ☐ wok
- ☐ grater

Directions

- ☐ In the wok, heat the oil and saut the onion and garlic.
- ☐ Add the sweet potatoes, beans, red peppers, soy chunks, tomatoes and all the spices except for the saffron and cook at a high temperature for 5 minutes, stirring frequently.
- ☐ Add the vegetable stock, prunes, apricots and the liquid from the artichokes.
- ☐ Cover and simmer for 20 minutes or until the vegetables are tender.

- ☐ Stir in the artichokes, olives, brown sugar and saffron. Simmer for another 5 to 10 minutes.
- ☐ While you are waiting, toast the almonds in a dry frying pan.
- ☐ In a separate stainless steel bowl, pour 3 1/2 cups (875 ml) of boiling water over the couscous and let it stand for 5 minutes.
- ☐ Fluff the couscous with a fork.
- ☐ Serve the stew over the couscous and garnish with toasted almonds.
- ☐ DRESS IT UP! Make sure you have a few camels standing nearby to add some North African ambience. A moose or caribou will do.
- ☐ Reprinted with permission from Camp Cooking In the Wild by Mark Scriver, Wendy Grater, Joanna Baker, 2012 The Heliconia Press an imprint of Fox Chapel Publishing

Nutrition Facts



Properties

Glycemic Index:96.73, Glycemic Load:52.16, Inflammation Score:-10, Nutrition Score:31.125217417012%

Flavonoids

Cyanidin: 0.58mg, Cyanidin: 0.58mg, Cyanidin: 0.58mg, Cyanidin: 0.58mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 5.34mg, Quercetin: 5.34mg, Quercetin: 5.34mg, Quercetin: 5.34mg

Nutrients (% of daily need)

Calories: 785.99kcal (39.3%), Fat: 24.55g (37.77%), Saturated Fat: 2.87g (17.95%), Carbohydrates: 120.79g (40.26%), Net Carbohydrates: 105.2g (38.25%), Sugar: 26.6g (29.56%), Cholesterol: 0mg (0%), Sodium: 933.91mg (40.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.53g (47.06%), Vitamin A: 6783.87IU (135.68%), Manganese: 1.55mg (77.5%), Fiber: 15.6g (62.39%), Vitamin E: 8.88mg (59.22%), Vitamin C: 43.94mg (53.26%),

Copper: 0.72mg (35.8%), Magnesium: 138.14mg (34.54%), Phosphorus: 326.1mg (32.61%), Vitamin B3: 5.93mg (29.66%), Vitamin K: 30.87µg (29.4%), Potassium: 999.14mg (28.55%), Iron: 4.99mg (27.73%), Vitamin B2: 0.46mg (27.26%), Vitamin B6: 0.52mg (25.94%), Vitamin B1: 0.33mg (21.78%), Calcium: 196.8mg (19.68%), Vitamin B5: 1.94mg (19.36%), Folate: 63.03µg (15.76%), Zinc: 1.92mg (12.79%), Selenium: 1.85µg (2.65%)