



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 apricots dried diced
- ☐ 250 ml can artichoke hearts canned
- ☐ 125 ml olives black pitted
- ☐ 45 ml brown sugar
- ☐ 796 ml canned tomatoes diced canned
- ☐ 1 pinch chili flakes
- ☐ 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 soy chunks
- ☐ 1 sweet potatoes and into diced
- ☐ 2 ml thyme leaves
- ☐ 250 ml vegetable broth made from bouillon
- ☐ 1125 ml water boiling

Equipment

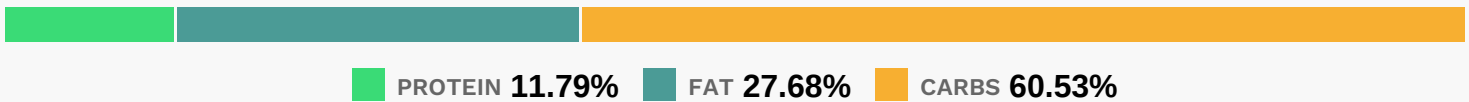
- ☐ bowl
- ☐ frying pan
- ☐ wok
- ☐ grater

Directions

- ☐ In the wok, heat the oil and sauté 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.
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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: Og (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%)