

 **58%**
HEALTH SCORE

Tunisian Bean and Chickpea Stew

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



60 min.

SERVINGS



8

CALORIES



159 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 4 medium tomatoes diced chopped canned
- 1 cup chickpeas drained (garbanzos)
- 1 cup navy beans dried drained (I used cannellini)
- 4 cloves garlic minced
- 2 tsp harissa (buy it at Middle Eastern stores or make it yourself)
- 3 medium onion chopped
- 1 tsp paprika
- 2 cups pumpkin raw peeled cut into 1/2-inch cubes

- 8 servings salt and pepper to taste
- 6 cups water

Equipment

- frying pan
- stove
- pressure cooker

Directions

- Drain and proceed with the recipe.
- Place the drained beans and chickpeas into the pressure cooker with the water. Bring to high pressure and cook for 12 minutes. Allow pressure to come down naturally. (On the stove-top, cook until the beans are soft, adding more water as necessary. Allow about 2 hours for this.) While the beans are cooking, spray a non-stick or well-seasoned frying pan, and sauté onions until they are beginning to brown. Stir in the garlic and tomatoes, and cook for another 10 minutes (5 minutes for canned tomatoes).
- Add the tomato mixture, pumpkin, harissa, and seasonings to the beans, and bring to a boil. Cover and cook over medium heat until pumpkin is very tender, about 30 minutes.
- Add more water if necessary.
- Serve sprinkled with parsley. Makes 8-10 servings.

Nutrition Facts



PROTEIN 21.48% **FAT 5.99%** **CARBS 72.53%**

Properties

Glycemic Index:21.22, Glycemic Load:3.3, Inflammation Score:-9, Nutrition Score:15.65347840475%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg Isorhamnetin: 2.07mg, Isorhamnetin: 2.07mg, Isorhamnetin: 2.07mg, Isorhamnetin: 2.07mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 8.68mg, Quercetin: 8.68mg, Quercetin: 8.68mg, Quercetin: 8.68mg

Nutrients (% of daily need)

Calories: 158.91kcal (7.95%), Fat: 1.11g (1.71%), Saturated Fat: 0.15g (0.94%), Carbohydrates: 30.27g (10.09%), Net Carbohydrates: 20.81g (7.57%), Sugar: 6.07g (6.75%), Cholesterol: 0mg (0%), Sodium: 303.9mg (13.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.97g (17.93%), Vitamin A: 2690.31IU (53.81%), Fiber: 9.47g (37.86%), Manganese: 0.74mg (37.11%), Folate: 147.12µg (36.78%), Copper: 0.42mg (20.85%), Vitamin B1: 0.29mg (19.25%), Potassium: 648.16mg (18.52%), Magnesium: 71.87mg (17.97%), Phosphorus: 179.38mg (17.94%), Iron: 2.97mg (16.53%), Vitamin B6: 0.3mg (14.77%), Vitamin C: 11.76mg (14.26%), Zinc: 1.55mg (10.36%), Calcium: 90.11mg (9.01%), Vitamin B2: 0.14mg (7.95%), Vitamin B3: 1.35mg (6.77%), Selenium: 4.21µg (6.02%), Vitamin E: 0.88mg (5.86%), Vitamin B5: 0.47mg (4.71%), Vitamin K: 3.88µg (3.7%)