



Winter Vegetable Stew over Couscous

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



395 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaf
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 4 cups butternut squash cubed peeled (1-inch) ()
- ☐ 15.5 ounce chickpeas rinsed drained canned (garbanzo beans)
- ☐ 1.5 cups carrots ()
- ☐ 0.5 cup cilantro leaves chopped
- ☐ 3 cups couscous uncooked
- ☐ 2 tablespoons olive oil extravirgin

- ☐ 6 ounces feta cheese crumbled
- ☐ 4 garlic cloves
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 1 teaspoon ground cumin
- ☐ 0.8 teaspoon ground pepper red
- ☐ 2 cups leek thinly sliced
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 4 cups onion vertically sliced
- ☐ 1 Dash saffron threads
- ☐ 2.5 teaspoons salt divided
- ☐ 12 ounces swiss chard chopped
- ☐ 3 cups turnips cubed peeled (1-inch) (1 pound)

Equipment

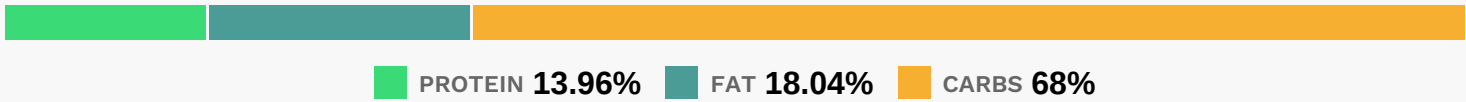
- ☐ bowl
- ☐ sauce pan
- ☐ dutch oven

Directions

- ☐ Combine 10 cups water, onion, and the next 4 ingredients (10 cups water through bay leaf) in a large Dutch oven; bring to a boil. Cover, reduce heat, and simmer 30 minutes.
- ☐ Remove 2 cups cooking liquid; set aside.
- ☐ Add squash and next 6 ingredients (squash through chickpeas) to onion mixture. Simmer 25 minutes or until squash is tender. Stir in chard, cilantro, 2 teaspoons salt, and black pepper; cook 5 minutes or until chard wilts. Stir in juice. Discard bay leaf.
- ☐ Place couscous in a large bowl.
- ☐ Combine reserved cooking liquid and remaining 1 1/2 cups water in a small saucepan; bring to a boil. Stir in remaining 1/2 teaspoon salt and oil.
- ☐ Pour water mixture over couscous; stir well to combine. Cover and let stand 20 minutes or until liquid is absorbed. Fluff with a fork.

Serve vegetable mixture over couscous. Top with crumbled cheese.

Nutrition Facts



Properties

Glycemic Index:54.92, Glycemic Load:30.6, Inflammation Score:-10, Nutrition Score:27.979565109896%

Flavonoids

Catechin: 0.51mg, Catechin: 0.51mg, Catechin: 0.51mg, Catechin: 0.51mg Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 3.21mg, Isorhamnetin: 3.21mg, Isorhamnetin: 3.21mg, Isorhamnetin: 3.21mg Kaempferol: 3.12mg, Kaempferol: 3.12mg, Kaempferol: 3.12mg, Kaempferol: 3.12mg Myricetin: 1.14mg, Myricetin: 1.14mg, Myricetin: 1.14mg, Myricetin: 1.14mg Quercetin: 14.25mg, Quercetin: 14.25mg, Quercetin: 14.25mg, Quercetin: 14.25mg

Nutrients (% of daily need)

Calories: 395.25kcal (19.76%), Fat: 8.07g (12.42%), Saturated Fat: 2.88g (18%), Carbohydrates: 68.47g (22.82%), Net Carbohydrates: 59.43g (21.61%), Sugar: 7.52g (8.36%), Cholesterol: 15.14mg (5.05%), Sodium: 1024.05mg (44.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.06g (28.11%), Vitamin K: 298.99µg (284.75%), Vitamin A: 11738.58IU (234.77%), Manganese: 1.35mg (67.45%), Vitamin C: 40.18mg (48.7%), Fiber: 9.04g (36.18%), Vitamin B6: 0.66mg (33.02%), Magnesium: 104.68mg (26.17%), Phosphorus: 261.26mg (26.13%), Potassium: 769.79mg (21.99%), Calcium: 206.18mg (20.62%), Folate: 81.19µg (20.3%), Copper: 0.4mg (20.04%), Vitamin B1: 0.27mg (17.9%), Iron: 3.13mg (17.41%), Vitamin B3: 3.38mg (16.91%), Vitamin B2: 0.28mg (16.68%), Vitamin E: 2.28mg (15.19%), Vitamin B5: 1.48mg (14.75%), Zinc: 1.75mg (11.67%), Selenium: 5.03µg (7.18%), Vitamin B12: 0.29µg (4.79%)