

MOROCCAN ROOT VEGETABLE STEW

NUTRITION FACTS

Serving size: 8 oz stew, 4 oz rice; Amount per serving: Calories 310, Protein 7.1g, Carb. 54g, Fiber 6.5g, Fat 7g, Sodium 214mg

INGREDIENTS

Vegetables

- 1 T canola oil, separated
- 1 T Moroccan spice mix, separated
- 1 medium parsnip, diced
- 1 sweet potato, diced
- 15 oz can garbanzo beans
- 2 ½ Moroccan sauce

Sauce

- 1 T canola oil
- 1 medium Spanish onion, diced
- 2 cloves garlic, chopped
- 1 T Moroccan spice mix
- ⅛ tsp red pepper flakes
- 1 bay leaf
- 15 oz can low sodium diced tomatoes
- 2 c water
- 1 cube low sodium vegetable bouillon
- ⅓ c raisins
- 1 c fresh kale, chopped

DIRECTIONS

Sauce

1. Add 1 ½ tsp of canola oil to a pan and sauté the onions and garlic over medium heat.
2. Add the Moroccan spice, red pepper and bay leaf along with the tomatoes, water and bouillon cube.
3. Cook for 30 minutes and then add the raisins and kale.

Vegetables

1. Pre-heat oven to 350 degrees.
2. Mix parsnips with 1 ½ tsp canola oil and 1 ½ tsp Moroccan spice and lay out on a sheet pan.
3. Mix sweet potatoes with 1 ½ tsp canola oil and 1 ½ tsp Moroccan spice and lay out on a separate sheet pan.
4. Roast the vegetables separately for 10 minutes or until tender.
5. Add the sauce and the garbanzo beans and cook for 2-3 minutes longer.
6. Serve over white or brown rice.

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