

Moroccan Vegetable Stew

Yield: 23 min
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/butternut-squash-and-garbanzo-indian-recipe-slow-cooker>

Ingredients:

- 1 onion medium, chopped
- 1 tablespoon olive oil
- 1 butternut squash small, chopped, about 1 1/2 cups worth
- 1 potatoes medium, peeled and chopped
- 3/4 cup carrots chopped
- 1/2 cup chopped celery
- 3 plum tomatoes chopped
- 1 can garbanzo beans
- 2 teaspoons cinnamon
- 1 teaspoon cumin
- 1 teaspoon smoked paprika
- 1/2 teaspoon ground coriander
- 1 pinch cayenne pepper
- 1 1/2 cups vegetable broth
- 2 cups water
- pepper
- salt
- 2 tablespoons coconut milk

Nutrition:

1. Calories: 100 calories
2. Carbohydrate: 18 grams
3. Fat: 2 grams
4. Fiber: 4 grams
5. Protein: 4 grams
6. SaturatedFat: 0.5 grams
7. Sodium: 110 milligrams
8. Sugar: 3 grams

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