

Moroccan Stew - With Either Veggie Sausage Or Beef

Yield: 4 min
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-angus-beef-recipe>

Ingredients:

- 2 onions roughly chopped
- 2 carrots roughly chopped
- 4 cloves garlic crushed
- 1 teaspoon fennel seeds
- 1 teaspoon cumin seeds
- 5 cardamom pods crushed
- 1 teaspoon paprika
- 1 teaspoon dried chili
- 1 pinch cinnamon
- 1 butternut squash roughly chopped
- 5 tomatoes roughly chopped
- 1 can beans berlotti
- 1 can chickpeas
- 1 bag baby spinach leaves
- 7/8 cup red wine
- 7/8 cup stock good veg
- 1 handful sultanas
- salt
- pepper
- olive oil
- 6 sausages vegetarian, sliced
- 1 1/8 pounds angus diced aberdeen, organic beef

Nutrition:

1. Calories: 1430 calories
2. Carbohydrate: 75 grams
3. Cholesterol: 220 milligrams

4. Fat: 98 grams
 5. Fiber: 17 grams
 6. Protein: 57 grams
 7. SaturatedFat: 36 grams
 8. Sodium: 1780 milligrams
 9. Sugar: 17 grams
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