

Moroccan Spiced Pumpkin & Chickpea Stew

Yield: 4 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/israeli-couscous-soup-recipe>

Ingredients:

- 1 tablespoon olive oil
- 1 onion diced
- 1 red bell pepper diced
- 2 garlic cloves minced
- 1 teaspoon ginger freshly grated
- 14 ounces chickpeas drained and rinsed
- 1 cup vegetable broth
- 1 cup canned pumpkin puree
- 1/2 cup coconut milk
- 1 tablespoon maple syrup
- 2 teaspoons ground cumin
- 1 teaspoon ground cinnamon
- 1/2 teaspoon cayenne pepper or to taste
- 1/2 teaspoon ground coriander
- 1/4 teaspoon ground cloves
- 1/4 teaspoon allspice
- 2 tablespoons lemon juice
- salt
- pepper
- couscous cooked
- 2 scallions chopped
- 1/4 cup fresh cilantro

Nutrition:

1. Calories: 350 calories
2. Carbohydrate: 53 grams
3. Fat: 12 grams

4. Fiber: 10 grams
 5. Protein: 9 grams
 6. SaturatedFat: 7 grams
 7. Sodium: 890 milligrams
 8. Sugar: 9 grams
-

Thank you for visiting our website. Hope you enjoy Moroccan Spiced Pumpkin & Chickpea Stew above. You can see more 15 israeli couscous soup recipe You won't believe the taste! to get more great cooking ideas.