

Turkey and Vegetable Moroccan Stew

Yield: 7 min
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-turkey-butternut-squash-soup-recipe>

Ingredients:

- 2 teaspoons extra virgin olive oil
- 1 cup onion chopped
- 1 cup leek cleaned and trimmed, cut into 1/2-inch slices
- 1/2 teaspoon ground coriander
- 1/2 teaspoon ground cumin
- 1/8 teaspoon ground ginger
- 1/8 teaspoon ground cinnamon
- 1/8 teaspoon ground red pepper
- 1 clove garlic minced
- 1 cayenne pepper diced
- 4 2/3 cups vegetable stock
- 2 cups butternut squash peeled, cut into 1-inch cubes
- 1 cup carrot cut into long strips
- 3/4 cup yukon gold potato peeled and cut into 1-inch cubes
- 2 rutabaga or turnip, peeled and each cut into 8 wedges
- 4 mushrooms baby bella
- 1 1/2 teaspoons tomato paste
- 3/4 teaspoon salt
- 15 1/2 ounces chickpeas 1 can, garbanzo beans, drained
- 2 cups turkey leftover
- 1 1/2 teaspoons honey
- 1 1/3 cups couscous uncooked
- lemon wedges optional
- greek yogurt for garnish, optional

Nutrition:

1. Calories: 410 calories

2. Carbohydrate: 71 grams
 3. Cholesterol: 25 milligrams
 4. Fat: 7 grams
 5. Fiber: 13 grams
 6. Protein: 18 grams
 7. SaturatedFat: 1.5 grams
 8. Sodium: 1160 milligrams
 9. Sugar: 15 grams
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