

Moroccan Chickpea Kale Stew

Web Recipe · Lunch · GF

350 cal · 20g protein · 50g carbs · 9g fat · 6 servings

Ingredients

- 2 cans (15 oz each) chickpeas drained and rinsed
- 1 tbsp olive oil
- 1 large onion diced
- 4 cloves garlic minced
- 1 tbsp fresh ginger grated
- 2 tsp cumin
- 1 tsp cinnamon
- 1 tsp coriander
- 1/2 tsp turmeric
- 1 can (28 oz) diced tomatoes
- 2 cups vegetable broth
- 1 large sweet potato peeled and cubed
- 4 cups chopped kale stems removed
- 1/4 cup dried apricots diced
- 2 tbsp lemon juice
- 1/4 cup nutritional yeast

Instructions

1. Heat olive oil in a large pot over medium heat. Sauté onion for 5 minutes until softened.
2. Add garlic, ginger, cumin, cinnamon, coriander, turmeric, and cayenne. Cook 1 minute until fragrant.
3. Add chickpeas, diced tomatoes, vegetable broth, and cubed sweet potato. Bring to a boil.
4. Reduce heat, cover, and simmer 20 minutes until sweet potato is tender.
5. Stir in chopped kale, dried apricots, and nutritional yeast. Cook 5 more minutes.
6. Add lemon juice, salt, and pepper. Garnish with fresh cilantro.
7. Freezes well for up to 3 months.

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