

Moroccan Spiced Quinoa Stew



Feel free to customize this stew with any vegetables, beans, proteins and spices you prefer to make it your own!

YIELD 5 SERVINGS	PREP TIME 15 MIN	TOTAL TIME 45 MIN
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INGREDIENTS

2 tsp	Olive or Canola Oil
1 each	Onion, small, diced
1 each	Carrot, medium, diced
2 each	Celery Stalks, diced
4 oz.	Mushrooms, any variety, minced
8 oz.	Ground Turkey (93% lean)
2 cloves	Garlic, minced
2 tsp	Cumin, ground
1 tsp	Cinnamon, ground
1 tsp	Turmeric
½ tsp	Smoked Paprika
¼ tsp	Cayenne Pepper
½ tsp	Kosher Salt
To Taste	Black Pepper
1 cup	Beans, any variety, canned, drained and rinsed (about ½ can)
1 (14oz) can	Diced Tomatoes, low-sodium
3 cups	Chicken Stock, homemade or low-sodium
2 cups	Frozen Butternut Squash, diced
2 cups	Kale or Spinach, chopped into bite size pieces
1 cup	Quinoa, cooked
½ each	Lemon, juiced (or 1-2 tsp vinegar)

DIRECTIONS

1. Gather all necessary equipment and ingredients.
2. Heat a Dutch oven or large pot over medium-high heat. Once hot, add the oil and swirl to coat. Add the onions and sauté until just translucent, about 2 minutes.

CHEF'S NOTES

Unlike pasta or rice, quinoa is perfect in soups and stews because it won't absorb more liquid as it sits or when you reheat it – making it foolproof. Plus, it adds fiber and plant-based protein!

You can make this stew vegetarian by omitting the ground turkey and using vegetable stock.

You can also use fresh butternut squash cubes (or sweet potato) in place of the frozen squash – just cook the stew a little longer until they are tender.

Adding a splash of acid like lemon juice or vinegar to soups and stews wakes up the flavor – try it with all your favorite recipes!

Craving something a little thicker and richer? Try adding a can of pumpkin puree for cream-free creaminess and extra nutrients.

This stew can be frozen and will keep for up to 3 months in a tightly sealed container – remember to label and date so you don't lose track of it!

3. Add the carrot and celery and sauté until soft, about 2 minutes. Add the mushrooms and cook until browned and most the liquid has evaporated, about 3 minutes.
4. Make a space in the center of the pot by pushing the vegetables to the outer edges. Add the ground turkey and cook until no longer pink, breaking it up into small pieces with a spoon.
5. Add the garlic, spices, salt and pepper and stir to coat evenly, allowing the spices to toast for about 30 seconds.
6. Add the beans, diced tomatoes, stock, butternut squash, and kale, stirring to combine before bringing to a boil then reducing to a simmer. Simmer covered for at least 15 minutes. Finish the stew by stirring in the cooked quinoa and lemon juice.

Nutrition Facts	
4 servings per container	
Serving Size	2 cups (559 g)
Amount per serving	
Calories	310
% Daily Value *	
Total Fat 9g	11%
Saturated Fat 1.5g	8%
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 2g	
Monounsaturated Fat 2g	
Cholesterol 40mg	14%
Sodium 420mg	18%
Total Carbohydrate 38g	14%
Dietary Fiber 8g	28%
Total Sugars 7g	
Includes 0g Added Sugars	0%
Protein 23g	46%
Vitamin D 0.22mcg	0%
Calcium 140mg	11%
Iron 5mg	25%
Potassium 1200mg	26%
Vitamin A 300µg	34%
Vitamin C 30mg	33%
Vitamin E 2mg	16%
Vitamin K 70µg	55%
Vitamin B-6 0.6mg	34%
Folate 110µg	27%
Vitamin B-12 0.7µg	30%
Phosphorus 315mg	25%
Zinc 3mg	29%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

