

Moroccan Squash Lentil Stew

Ingredients

Vegetable oil (Canola)	¼ cup	60 mL
Onion, chopped	3 ½ cups	875 mL
Garlic, bottled, minced	4 tsp	20 mL
Butternut squash, peeled, seeded, cubed	15 cups	3.75 L
Carrots, peeled, sliced	3 ½ cups	875 mL
Tomatoes, canned, diced	3 ½ cups	875 mL
Lentils, dry	2 ½ cups	625 L
Brown rice, uncooked	1 cup	250 mL
Water	18 ½ cups	4.63 L
Chickpeas, canned, drained, rinsed, mashed	14 cups	3.5 L
Bay leaf, dried	4 each	4 each
Cumin, ground	4 tsp	20 mL
Paprika	2 Tbsp	30 mL
Lemon juice, fresh	¾ cup	175 mL
Black Pepper, ground	1 tsp	5 mL

Directions

1. In a big pot, add oil and heat at medium-high heat. Add onion and garlic and sauté until onions begin to soften, about 5 minutes. Add squash and carrots, sauté 3 minutes.
2. Add all other ingredients and mix well. Bring to a boil, lower temperature and simmer covered for 30 minutes, stirring occasionally. Season with pepper and remove bay leaf.
3. Portion ¾ cup (175 mL) of stew into serving bowls.

Makes 50 ¾ cup (175 mL) servings.

Nutrition Facts	
Per ¾ cup (231 g)	
Amount	% Daily Value
Calories 170	
Fat 2.5 g	4 %
Saturated 0 g + Trans 0 g	0 %
Cholesterol 0 mg	
Sodium 150 mg	6 %
Carbohydrate 30 g	10 %
Fibre 5 g	20 %
Sugars 4 g	
Protein 8 g	
Vitamin A 138 %	Vitamin C 25%
Calcium 6 %	Iron 15 %

Nutrient Claim	Amount per Serving
Low in fat	2.5 g
High in fibre	5 g
Very high in iron	3 mg
Source of calcium	76 mg

Food Group	Food Guide servings per recipe serving
Vegetables and Fruit	1
Grain Products	0
Milk and Alternatives	0
Meat and Alternatives	½

Alberta Nutrition Guidelines Category

Choose Most Often
(Meat & Alternatives)



Recipe Tips

- To peel the skin off butternut squash: wash and pierce the squash in many places. Cook in the microwave for 5 minutes. Let it cool and then peel.
- Try using canned lentils instead of dried lentils in this recipe. Drain and rinse canned lentils before adding to remove extra salt.
- Any type of lentil can be used for this recipe. Choose brown, green or red.

Adapted with permission from Westcoast Child Care Resource Centre's 'Healthy Start Model Menu Recipe Book'.