

Slow Cooker Moroccan Chickpea-Lentil Stew

Prep: 20 minutes | Cook: 6 hours | Total: 6 hours 20 minutes

Yield: 6 servings | Serving Size: ~1 cup

Ingredients

2 cups (16 ounces) low-sodium vegetable broth

1 (15-ounce) can garbanzo beans (chickpeas), drained and rinsed

1 (15-ounce) can no-salt-added tomato sauce

1 medium butternut squash, peeled and cubed (about 2½ cups, or one 15-ounce package)

1 medium bell pepper, diced (about 1 cup)

1 medium onion, diced (about 1 cup)

½ cup red lentils, picked through and rinsed

1 tablespoon fresh grated ginger

4 cloves garlic, minced (about 2 teaspoons)

1 teaspoon ground turmeric

1 teaspoon ground cumin

1 teaspoon smoked paprika

½ teaspoon ground cinnamon

½ teaspoon ground black pepper

½ teaspoon salt

Directions

- 1. Add the broth, garbanzo beans, tomato sauce, butternut squash, bell pepper, onion, and lentils to the pot of a slow cooker.
- 2. Add the ginger, garlic, turmeric, cumin, paprika, cinnamon, black pepper, and salt.
- 3. Stir all the ingredients together to combine.
- 4. Cover the slow cooker with the lid and set to cook on low for 6-8 hours or high for 3-4 hours.
- 5. Serve warm.

Nutrition Facts Per Serving: Calories: 195 | Total Fat: 2 g | Saturated Fat: 0 g Sodium: 240 mg | Total Carbohydrate: 36.5 g | Dietary Fiber: 11 g | Protein: 10.5 g

