



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**

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