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## **Moroccan vegetable stew**

Serves 4

### **Ingredients**

1 teaspoon extra virgin Olive oil,  
¼ cup sweet julienne Onions  
1 teaspoon Garlic peeled and chopped  
¾ cup medium Carrots diced  
½ cup Kale chopped  
1 cup small Sweet potatoes diced  
2 cups Vegetable broth  
1 cup Tomatoes diced  
1 cup Garbanzo beans  
½ cup uncooked Lentils  
3 tablespoons Golden raisins  
1 cup Tomato Juice  
½ cup dried Apricot diced  
¼ teaspoon ground Cinnamon  
½ teaspoon Ginger chopped  
1/8 teaspoon Ground cloves  
½ teaspoon ground Cumin  
1-1/2 teaspoon Paprika  
1/8 teaspoon Cayenne pepper  
½ teaspoon ground Turmeric  
½ cup Cilantro chopped  
½ cup Greek yogurt plain

### **Procedure**

1. In sauce pot heat oil, sauté carrots, onions and garlic
2. Add sweet potato and kale; next add broth, tomato juice and lentils
3. Add apricots, raisins, tomatoes add Garbanzo beans to thick add more broth
4. Blend all dry seasonings together stir in mixture and blend well
5. Simmer for 30 minutes season to taste salt & pepper
6. Serve over Couscous garnish with cilantro and yogurt

Calories 334 carbs 63.7 gm Protein 15 gm Fat 4 gm fiber 17 gm sodium 340