

## Moroccan Chickpea Stew -

**Shopping List + Approx. Tulsa Prices (2026) :** \$15 -21 (\$1.88-\$2.63 per serving)

### **Produce**

- Butternut squash (2) — \$6-\$8
- Onions (2) — \$2-\$3
- Red peppers (2) — \$3-\$4

### **Canned/Pantry:**

- Chickpeas (2 cans) — \$2-\$3
- Diced tomatoes (2 cans) — \$2-\$3

**Spices: Cinnamon, Ginger, Cumin**



### **Ingredients** (8 servings, doubled for meal prep)

- 2 medium butternut squash, peeled & cubed, • 2 medium onions, diced, • 2 red sweet peppers, diced, • 2 cans (14.5 oz) diced tomatoes, • 2 cans chickpeas, drained & rinsed, • 2 tsp ground cinnamon, • 2 tsp ground ginger, • 2 tsp ground cumin

**Optional:** broth, cilantro, lemon, cooked quinoa/couscous

### **Quick Cooking Instructions**

1. Sauté onions 5 min; add peppers, cook 3 min.
2. Add cinnamon, ginger & cumin; cook 1 min.
3. Add squash, tomatoes & 1 cup broth; simmer 15-20 min.
4. Add chickpeas; simmer 5 min.
5. Adjust seasoning; cool and portion.

### **Portioning & Storage**

- Divide into 8 containers.
- Fridge: 4-5 days. Freezer: 3 months.
- Reheat: Microwave 2-3 min.

<b>NUTRITION PER SERVING</b>	
<b>Serving Size</b>	<b>1.5 cups</b>
<b>Calories</b>	217
<b>Total Fat</b>	6 g
<b>Saturated Fat</b>	1 g
<b>Cholesterol</b>	0 mg
<b>Sodium</b>	455 mg
<b>Total Carbohydrate</b>	38 g
<b>Dietary Fiber</b>	9 g
<b>Total Sugars</b>	11 g
<b>Protein</b>	7 g

### **Culturally Respectful Substitutions**

#### **Gluten-free:**

- Serve with rice or GF flatbread.

#### **Budget:**

- Use canned chickpeas; swap herbs for dried.

#### **Dairy-free:**

- Recipe is naturally dairy-free.

#### **Lower saturated fat:**

- Use minimal olive oil; skip any creamy fresh toppings.

**Source:** Taste of Home – Healthy Recipes from Around the World – Taste of Home Editors

<https://www.tasteofhome.com/collection/healthy-recipes-from-around-the-world/>