

Moroccan-Spiced Lentil and Chickpea Stew with Roasted Vegetables

A fiber-rich, plant-based stew combining red lentils and chickpeas with aromatic spices—perfect for steady blood sugar and lasting satisfaction.

Prep: 20 min

Cook: 90 min

Total: 110 min

Servings: 8

GL 13.3 / GI 23

Ingredients

about 2 pounds, cut into 1-inch cubes butternut squash, peeled, seeded and cubed

cut into 1/2-inch pieces large carrots, peeled and sliced

large onions, chopped

garlic cloves, minced

4 cups low-sodium vegetable stock

about 1 cup red lentils, rinsed

no-salt-added tomato paste

fresh ginger, peeled and minced

ground cumin

ground turmeric

saffron threads

freshly ground black pepper

about 1/4 cup fresh lemon juice

one 16-ounce can canned chickpeas, drained and rinsed

about 1/2 cup roasted unsalted peanuts, chopped

about 1/2 cup fresh cilantro, chopped

Instructions

Step 1

Heat a large Dutch oven or heavy-bottomed pot over medium-low heat. Add the chopped onions, cubed butternut squash, and sliced carrots. Cook gently for 12-15 minutes, stirring occasionally, until the onions become translucent and begin to develop golden-brown edges. Add the minced garlic during the last 2 minutes of cooking.

Step 2

Pour in the vegetable stock and use a wooden spoon to scrape up any caramelized vegetable bits from the bottom of the pot—these add depth of flavor. Bring the mixture to a gentle simmer.

Step 3

Stir in the rinsed red lentils, tomato paste, minced ginger, cumin, turmeric, saffron, and black pepper. Mix thoroughly to ensure the tomato paste and spices are evenly distributed throughout the liquid.

Step 4

Cover the pot with a lid and reduce heat to low. Simmer gently for 75-90 minutes, stirring every 20 minutes, until the lentils have completely broken down and the butternut squash is fork-tender. The stew should have a thick, hearty consistency. If it becomes too thick, add water or additional stock in 1/4-cup increments.

Step 5

Add the drained chickpeas and fresh lemon juice to the pot. Stir well and cook uncovered for an additional 5 minutes to heat the chickpeas through and allow the lemon juice to brighten all the flavors.

Step 6

Taste and adjust seasoning if needed. The stew should have a balanced flavor profile with warmth from the spices, brightness from the lemon, and natural sweetness from the vegetables.

Step 7

Ladle the stew into bowls and garnish each serving generously with chopped roasted peanuts and fresh cilantro. The peanuts add healthy fats and satisfying crunch, while the cilantro provides a fresh, herbaceous finish.

Step 8

Serve immediately while hot. For optimal blood sugar control, consider eating a small salad of leafy greens before the stew, and pair with additional non-starchy vegetables if desired. Store leftovers in airtight containers in the refrigerator for up to 5 days, or freeze for up to 3 months.