



Cal Smart Moroccan-Spiced Beef Stew with Lentils

Calorie Smart

30 Minutes



Ground Beef



Lentils



Crushed Tomatoes



Soy Sauce



Beef Broth Concentrate



Moroccan Spice Blend



Carrot



Zucchini



Cilantro



Yellow Onion



Garlic, cloves

HELLO MOROCCAN SPICE BLEND

This blend of North African spices is warm and aromatic!

Start here

Before starting, wash and dry all produce.

Bust out

Vegetable peeler, measuring spoons, strainer, measuring cups, large pot

Ingredients

	2 Person	4 Person
Ground Beef	250 g	500 g
Lentils	370 ml	740 ml
Crushed Tomatoes	370 ml	796 ml
Soy Sauce	2 tbsp	4 tbsp
Beef Broth Concentrate	1	2
Moroccan Spice Blend	2 tbsp	4 tbsp
Carrot	170 g	340 g
Zucchini	200 g	400 g
Cilantro	7 g	7 g
Yellow Onion	113 g	226 g
Garlic, cloves	1	2
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F.

Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

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Prep

- Peel, then halve **carrot** lengthwise, then cut into ¼-inch half-moons.
- Peel, then cut **onion** into ¼-inch pieces.
- Peel, then mince or grate **garlic**.
- Halve **zucchini** lengthwise, then cut into ¼-inch half moons.
- Roughly chop **cilantro**.
- Using a strainer, drain **lentils**.



Start stew

- Add **lentils, carrots, soy sauce, crushed tomatoes, broth concentrate** and **1 ½ cups water** (dbl for 4 ppl) to the pot with **beef**.
- Season with **salt** and **pepper**. Bring to a boil over high.



Cook aromatics

- Heat a large pot over medium-high heat.
- When hot, add **1 tbsp oil** (dbl for 4 ppl), then **onions**. Cook, stirring occasionally, until slightly-softened, 2-3 min.
- Add **garlic**. Cook, stirring often, until fragrant, 30 sec.
- Season with **salt** and **pepper**.



Finish stew

- Once boiling, reduce heat to medium.
- Stir in **zucchini**. Cover and cook, stirring occasionally, until **veggies** are tender, 10-12 min.
- Season with **salt** and **pepper**, to taste.



Cook beef

- Add **beef** to the pot with **aromatics**. Cook, breaking up **beef** into smaller pieces, until no pink remains, 4-5 min.**
- Carefully drain and discard excess fat.
- Season **beef** with **salt, pepper** and **Moroccan Spice Blend**. Cook, stirring often, until fragrant, 30 sec.



Finish and serve

- Divide **stew** between bowls.
- Sprinkle **cilantro** over top.

Dinner Solved!