MOROCCAN · LUNCH · DINNER

Moroccan Loubia (Spiced White Bean Stew)

Loubia

35 min · Serves 4 · 310 kcal a serve · Video 6:22 · Spain on a Fork

Vegan · Gluten-free ingredients · No nuts listed

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10 g fibre and 14 g plant protein a serve, with 31 g net carbs: white beans simmered in grated tomato with paprika, cumin, ginger and turmeric, using water rather than broth. Rinse the beans and go easy on the salt for DASH.

Diet notes: Low saturated fat (1.6 g, 5% of the energy); DASH-friendly with less salt: up to ⅛ tsp a serve.

Ingredients 13 · SERVES 4

- [ ] 2 (15.5 oz) cans **white beans** (cannellini), drained and rinsed
- [ ] 1 medium **onion**, finely chopped
- [ ] 4 large **garlic** cloves, roughly chopped
- [ ] 4 **tomatoes**, finely grated (about 1 cup)
- [ ] 3 tbsp (3 tbsp) extra **virgin olive oil**
- [ ] 1 tsp **sweet smoked Spanish paprika**
- [ ] ¾ tsp **ground cumin**
- [ ] ½ tsp **ground ginger**
- [ ] ½ tsp **ground turmeric**
- [ ] ¼ tsp **crushed red pepper flakes**
- [ ] 2 tbsp chopped **parsley**
- [ ] 2 cups **water**
- [ ] **sea salt** to taste and black pepper

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: none. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Drain the beans into a colander and rinse them. Finely chop the onion, roughly chop the garlic and grate the tomatoes to give about 1 cup of pulp. 0:54
2. Heat 3 tbsp olive oil in a large pan over medium heat and sauté the onion and garlic about 5 minutes, stirring, until the onion is translucent. 1:40
3. Stir in the paprika, cumin, ginger, turmeric and chilli flakes for a few seconds so they turn fragrant. 2:16
4. Add the grated tomato and parsley, season with salt and pepper, turn the heat to high and simmer about 5 minutes, until slightly thickened. 3:01
5. Add the beans and 2 cups water and bring to a boil. 3:35
6. Cover, lower to medium-low and simmer 10 minutes so the beans take on the flavours. 4:04

> **Tip** Use water rather than broth, as is traditional: it lets the spices and tomato carry the dish.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
310 kcal 1,300 kJ	14 g 28% of a day	41 g 31 g net · 3.7 g sugars 15% of a day

FIBRE	FAT	SODIUM
10 g 36% of a day	11 g 1.6 g saturated 14% of a day	670 mg 29% of a day

Energy from net carbs 45% · protein 20% · fat 35%

High in (20%+ of a day) Vitamin K 41% · Iron 34% · Folate 31% · Magnesium 23% · Vitamin E 22% · Potassium 21% · Zinc 20%

Source of (10–19%) Vitamin B6 18% · Vitamin C 17% · Omega-3 13% · Calcium 12%

Recipe and video: Spain on a Fork on YouTube — youtube.com/watch?v=yT81JqxC4Ok. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/moroccan-loubia-white-bean-stew