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Vegan Moroccan Plantain Stew ♦♦

This vegan Moroccan plantain stew is a delicious and hearty dish that combines the flavors of North African spices with the sweetness of ripe plantains. It is traditionally consumed as a main course and is often served with couscous or bread. The stew is packed with nutrients and is perfect for a cozy dinner on a cold winter night.

Recipe Type: Vegan

Prep Time: 15 mins

Cook Time: 30 mins

Total Time: 45 mins

Recipe Yield: 1000 grams

Number of Servings: 4

Serving Size: 250 g

Ingredients

500 g	Ripe Plantains
200 g	onion
10 g	garlic cloves
150 g	Red Bell Pepper
400 g	canned diced tomatoes

500 ml	vegetable broth
2 tsp	Ground Cumin
2 tsp	ground coriander
1 tsp	Ground Turmeric
1 tsp	Ground Cinnamon
1 tsp	ground ginger
1 tsp	ground paprika
0.5 tsp	ground cayenne pepper
1 tsp	Salt
0.5 tsp	Black pepper
20 g	fresh cilantro
2 tbsp	Lemon juice
2 tbsp	Olive oil
100 ml	Water

Directions

Step 1

Cut

Peel and slice the plantains into 1-inch thick rounds.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Cut

Chop the onion, garlic cloves, and red bell pepper.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Sautéing

In a large pot, heat the olive oil over medium heat. Add the onion and garlic, and sauté until fragrant.

Prep Time: 5 mins

Cook Time: 5 mins

Step 4

Stirring

Add the red bell pepper, ground cumin, ground coriander, ground turmeric, ground cinnamon, ground ginger, ground paprika, ground cayenne pepper, salt, and black pepper to the pot. Stir well to combine.

Prep Time: 5 mins

Cook Time: 5 mins

Step 5

Stirring

Add the sliced plantains, canned diced tomatoes, vegetable broth, and water to the pot. Stir well to combine.

Prep Time: 5 mins

Cook Time: 15 mins

Step 6

Simmering

Bring the stew to a boil, then reduce the heat to low. Cover the pot and simmer for 15 minutes, or until the plantains are tender.

Prep Time: 0 mins

Cook Time: 15 mins

Step 7

Stirring

Stir in the fresh cilantro and lemon juice. Taste and adjust the seasoning if necessary.

Prep Time: 5 mins

Cook Time: 0 mins

Step 8

Serving

Serve the vegan Moroccan plantain stew hot, garnished with additional fresh cilantro if desired.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 250 kcal

Fat: 10 g

Protein: 5 g

Carbohydrates: 35 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	5 g	29.41%	29.41%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	35 g	63.64%	70%
Fibers	5 g	13.16%	20%
Sugars	10 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	10 g	35.71%	40%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	2000 iu	222.22%	285.71%
Vitamin C	40 mg	44.44%	53.33%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	2 mg	13.33%	13.33%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	600 mg	26.09%	26.09%
Calcium	80 mg	8%	8%
Iron	2 mg	25%	11.11%
Potassium	500 mg	14.71%	19.23%
Zinc	1 mg	9.09%	12.5%
Selenium	10 mcg	18.18%	18.18%

Recipe Attributes

Seasonality

Fall

Cuisines

French

Mediterranean

Middle Eastern

Meal Type

Breakfast

Brunch

Lunch

Dinner

Snack

Supper

Nutritional Content

Low Calorie

High Protein

Low Fat

Low Carb

High Fiber

Low Sodium

Sugar-Free

High Vitamin C

High Iron

High Calcium

Kitchen Tools

Blender

Difficulty Level

Medium

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