

Chickpea Stew with Couscous

SERVES 4

Ingredients

FRESH PRODUCE

4 **green onions** | *chopped*

1 **carrot** | *peeled and shredded*

FROZEN PRODUCE

½ cup **frozen peas**

PANTRY

1 14-ounce can **diced tomatoes**

1 15-ounce can **chickpeas**

½ cup **vegetable broth** or water

SPICES AND OILS

1 tablespoon **olive oil**

1 ½ teaspoons **cumin**

¼ teaspoon **cinnamon**

¼ teaspoon **black pepper**

GRAINS

2 cups cooked **couscous**

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couscous
recipe
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EQUIPMENT



Spatula or spoon



Measuring spoons



Small pot with lid



Knife



Measuring cups



Pan



Cutting board



Box grater

Adapted from:

delish.com/cooking/recipe-ideas/recipes/a35398/moroccan-couscous-stew-recipe-ghk0213/

MIX IT UP AND MAKE IT YOUR OWN

- Increase the vegetable in this dish by adding frozen broccoli or cauliflower with the carrots and green onions.
- Adding meatless meals to your weekly routine is not only great for your health, but also your budget. We encourage you to try and add at least one meatless meal to your weekly routine. This dish would also work with ground turkey or chicken.
- This recipe uses cinnamon and garlic, which add warm, rich flavors. If these are spices that you do not like, please choose flavors you prefer.
- We chose to use couscous in this recipe as it is quick to make and adds a great flavor and texture to the dish. If you do not like couscous or do not have it on hand, you can easily substitute brown rice or quinoa.

Directions

- 1 Prepare vegetables.
- 2 Heat a large pan over medium heat. Add the **olive oil** to coat the bottom of the pan. Then add the **green onion** and **carrots**.
-  Cook for 3–5 minutes, until the carrots become tender.
- 3 Add the **spices, tomatoes, chickpeas** and **1/2 cup of vegetable broth** to the pan.
-  Reduce to low and allow the mixture to simmer for 10 minutes.
- 4 While the stew is cooking, make your couscous.
- 5 Once everything is ready, adjust seasoning with salt and pepper as desired.
- 6 Serve stew with 1/3 cup of couscous. Enjoy!
- 7 Save leftovers in the refrigerator for up to three days OR place in Ziploc bags and freeze for up to one month.

NOTES

Nutrition Facts

1 serving per container
 Serving size
 1 each

Calories **320**
 per serving

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Total Fat 6g	8%	Total Carbohydrate 55g	20%
Saturated Fat 0.5g	4%	Dietary Fiber 11g	39%
Trans Fat 0g		Total Sugars 8g	
Cholesterol 0mg	0%	Includes 0g Added Sugars	0%
Sodium 95mg	4%	Protein 13g	

Vitamin D 0mcg 0% • Calcium 100mg 8% • Iron 3.8mg 20%
 Potassium 590mg 15% • Phosphorus 230mg 20%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: TOMATO [VINE-RIPENED TOMATOES, TOMATO JUICE, LESS THAN 2% CALCIUM CHLORIDE, CITRIC ACID], CHICKPEAS [WITH WATER, SALT, CALCIUM CHLORIDE (FIRMING AGENT), DISODIUM EDTA (COLOR RETENTION)], WHOLE WHEAT COUSCOUS [WHOLE DURUM WHEAT SEMOLINA], PEAS, CARROT, GREEN ONION, OLIVE OIL, BLACK PEPPER, CUMIN, CINNAMON