# **Spiced Beef with Peppers and Couscous**

SERVES 4

# **Ingredients**

MEAT

1 lb ground beef

**VEGETABLES** 

1 onion | diced

116-ounce bag frozen sliced bell peppers

OR 2 fresh bell peppers sliced

PANTRY

114.5-ounce can diced tomatoes

SPICES AND OILS

2 tablespoons olive oil

1 teaspoon paprika

1/2 teaspoon thyme

GRAINS

1 cup uncooked **couscous** 

### MIX IT UP AND MAKE IT YOUR OWN

- To make this an even more veggie packed dish you could add carrots and/or zucchini in with the onions. You could also add greens such as spinach, kale or collards.
- This recipe features ground beef. However, you can easily substitute ground chicken or turkey.
- If you are avoiding meat altogether, you can swap the beef for crumbled tofu or beans such as cannellini beans or chickpeas.
- Paprika and thyme are an excellent way to flavor without salt, but choose flavors that are available and appealing to you. Curry powder would be wonderful in this dish. Alternatively, you could make it more simple with a little garlic powder and black pepper.
- 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 substitute brown rice or quinoa.

### **EQUIPMENT**



**Cutting board** 



Spatula or spoon



Measuring spoons





Measuring cups



Pan

# SPICED BEEF WITH PEPPERS AND COUSCOUS

## **Directions**

- Prepare vegetables.
- Heat a large pan over medium heat. Add the **olive oil** to coat the bottom of the pan. Then add the **onion**.
- Cook for 3–5 minutes, until the onion becomes translucent.
- Add the **ground beef**, **paprika** and **thyme**. Cook, breaking up the beef.
- Allow the beef to brown and cook through for another 5–7 minutes.
- 4 Stir in the **tomatoes** and **peppers** and allow to cook for another 3-4 minutes.
- Turn the heat to high, add the water and allow the mixture to come to a boil.
- Add the couscous, turn off the heat and cover the pan immediately. Allow it to sit, undisturbed, for 5 minutes. Remove the lid. Fluff the couscous with a fork.
- Adjust seasoning with salt and pepper as desired. Enjoy!
- 8 Save leftovers in the refrigerator for up to three days OR place in Ziploc bags and freeze for up to one month.

# Nutrition Facts

1 serving per container Serving size 1 each

Calories 47

% Daily Value*
22%
23%
24%
3%

Amount/serving	% Daily Value*
Total Carbohydrate 49g	18%
Dietary Fiber 7g	27%
Total Sugars 9g	
Includes 0g Added Suga	rs <b>0%</b>
Protein 30g	

NOTES

\* 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.

Vitamin D 0mcg 0% • Calcium 70mg 6% • Iron 4.2mg 25% Potassium 830mg 20% • Phosphorus 300mg 25%

INGREDIENTS: GROUND BEEF 90/10, BELL PEPPER, TOMATO [VINE-RIPENED TOMATOES, TOMATO JUICE, LESS THAN 2% CALCIUM CHLORIDE, CITRIC ACID], WATER, WHOLE WHEAT COUSCOUS [WHOLE DURUM WHEAT SEMOLINA], OLIVE OIL, PAPRIKA, THYME, ONION

**CONTAINS: WHEAT**