

Moroccan Vegetable Stew with couscous



Makes 6 servings

Preparation time about 30 minutes

Cooking time about 15 minutes

- 1 Tablespoon of olive oil
- 1 medium zucchini, coarsely chopped
- 1 medium potato, chopped into bite sized pieces
- 1 medium onion, diced
- 1 large carrot, sliced
- 1 Tablespoon minced garlic
- 1 cup vegetable broth
- 1 small can tomato paste
- 1 teaspoon ground ginger
- 1 teaspoon cumin
- 1 teaspoon chili powder
- ¼ teaspoon pepper flakes
- 1 teaspoon coriander
- ½ teaspoon salt
- ¼ teaspoon black pepper
- 2 cans garbanzo beans or pinto beans, rinsed and drained
- 1 (14 ½ oz. can of diced tomatoes
- 1 ½ cups broth
- 1 cup couscous

Heat oil in large skillet over medium high. Add zucchini, onion, carrot and garlic; cook 5 minutes. Stir in broth, ginger, cumin, coriander, salt, cinnamon, pepper, garbanzo beans and tomatoes with juice; bring to boil. Cover, reduce heat to low, simmer 8 minutes or until vegetables are softened; stir occasionally.

Meanwhile, bring water to boil in medium pot; remove from heat. Add couscous; cover and let stand 5 minutes. Fluff with fork. Serve stew over couscous. Easy supper. Enjoy!