

Curried Couscous With Black Beans

Ingredients

- 2 tsp olive oil or butter
- 1 cup thinly sliced carrots
- 1 medium red bell pepper, chopped
- 1 2/3 cups water
- 1 5.7 oz package Near East® Mediterranean Curry Couscous
- 1 15 oz can black beans, rinsed and drained
- 1/4 cup sliced green onions
- 1 8 oz container plain low-fat yogurt

How to make it

1. In large nonstick skillet, heat oil over medium heat. Add carrots and bell pepper; cook 4 minutes, stirring occasionally.
2. Add water and contents of Spice Sack. Bring to a boil; reduce heat to low. Cover; simmer 2 minutes.
3. Stir in beans; bring to a boil. Stir in couscous; cover. Remove from heat; let stand 5 minutes.
4. Stir in green onions; serve with yogurt.



PREP TIME	COOK TIME	TOTAL TIME	SERVINGS
5 min	15 min	20 min	4

Made with



Near East® Mediterranean Curry Couscous