

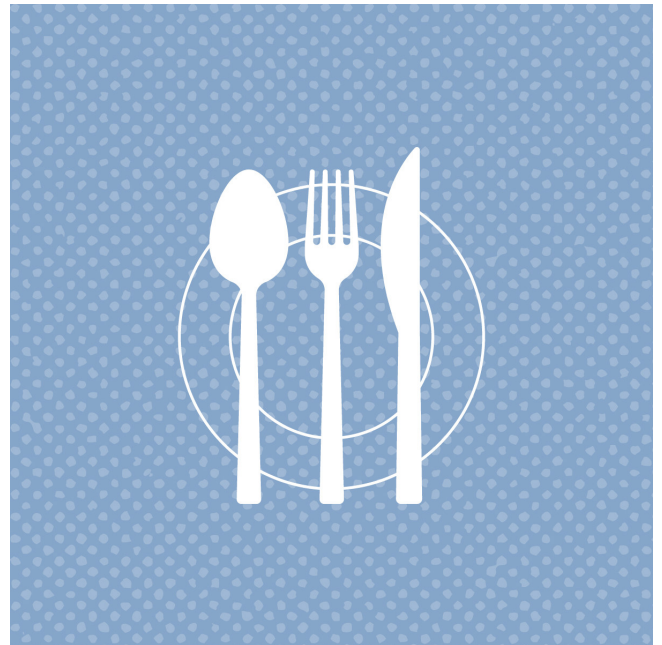
Minestrone Parmesan

Ingredients

- 1 tbsp olive oil
- 2 cloves garlic, minced
- 2 cups water
- 1 can (14.5 oz) no-salt-added or regular stewed tomatoes
- 1 can (13.75 oz) reduced-sodium chicken broth
- 1 package (5.9 oz) Near East® Parmesan Couscous
- 3 cups frozen mixed vegetables
- 1 can (15.5 oz) chickpeas, rinsed and drained
- Grated Parmesan cheese (optional)

How to make it

1. In large saucepan, heat oil over medium heat. Add garlic; cook 3 minutes, stirring frequently.
2. Add water, tomatoes, chicken broth and contents of Spice Sack; bring to a boil.
3. Stir in frozen vegetable mixture and chickpeas. Bring to a boil; reduce heat to low. Cover; simmer 10 minutes.
4. Stir in couscous; cover. Remove from heat; let stand 5 minutes. Serve in bowls; sprinkle with grated Parmesan cheese, if desired.



PREP TIME	COOK TIME	TOTAL TIME	SERVINGS
5 min	25 min	30 min	6

Made with



Near East® Parmesan Couscous