

# Vegetable Couscous

## Ingredients

- 2 tbsp olive oil
- 1/2 cup sliced celery
- 1/2 cup chopped onion
- 1 cup chopped carrots
- 1 clove garlic, minced
- 1 tsp ground cumin
- 1/2 tsp paprika
- 1/4 tsp ground ginger
- 1/8 cayenne pepper
- 1 14.5 oz can reduced-sodium chicken or vegetable broth
- 3 small new potatoes, cubed
- 1 cup chopped tomato
- 1 small zucchini, cut into 1/2-inch pieces
- 1 15 oz can chickpeas, rinsed and drained
- 1 10 oz package Near East® Original Plain Couscous
- 2 cups water
- 1/2 tsp cinnamon
- 1/2 tsp salt
- 1/2 cup chopped parsley or mint

## How to make it

1. In large skillet, heat oil over medium heat. Add celery, onion and carrots; cook 8 minutes, stirring occasionally. Add garlic, cumin, paprika, ginger and cayenne pepper; cook 30 seconds, stirring occasionally.
2. Add broth and potatoes; bring to a boil.
3. Cover; reduce heat to medium-low. Simmer 15 minutes. Stir in tomato, zucchini and chickpeas. Cover. Continue to simmer 10 to 15 minutes or until zucchini is tender.



PREP TIME	COOK TIME	TOTAL TIME	SERVINGS
5 min	40 min	45 min	4

## Made with



**Near East® Original Plain Couscous**

4. Meanwhile, place couscous in a 8x8x2-inch glass baking dish. In medium saucepan, combine water, cinnamon and salt; bring to a boil. Pour liquid over couscous; cover with foil. Let stand 8 to 10 minutes or until liquid is absorbed. Fluff with fork. Serve vegetables over couscous. Sprinkle with parsley.