

Chickpea and Vegetable Couscous

Preparation time	10 minutes
Cooking time	30 minutes
Servings	4
Cost per serving	\$1.43
Storage	3 days in the fridge. Can be frozen.
Kitchen tools	Measuring cups and spoons, cutting board, vegetable peeler, sharp knife, can opener, colander, large pot, wooden spoon, small pot



Ingredients



15 ml (1 tbsp) canola oil



1 large or 2 small yellow onions, diced into large chunks (about 250 ml / 1 cup)



15 ml (1 tbsp) ground cumin



Salt, pepper and Tabasco-style hot sauce, to taste



2 carrots, peeled and cut into small sticks (3-4 cm)



1 small rutabaga, peeled and diced (about 750 ml / 3 cups)

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500 ml (2 cups) chicken broth



1 can (796 ml) diced tomatoes



375 ml (1½ cups) water



375 ml (1½ cups) dry couscous

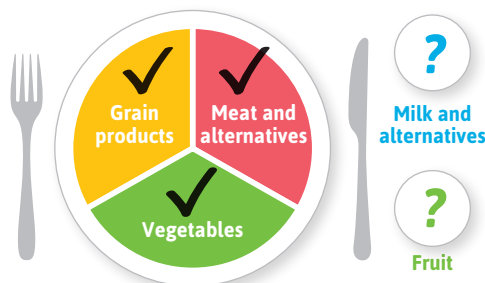


1 can (540 ml) chickpeas, drained and thoroughly rinsed



60 ml (¼ cup) raisins

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Balanced plate

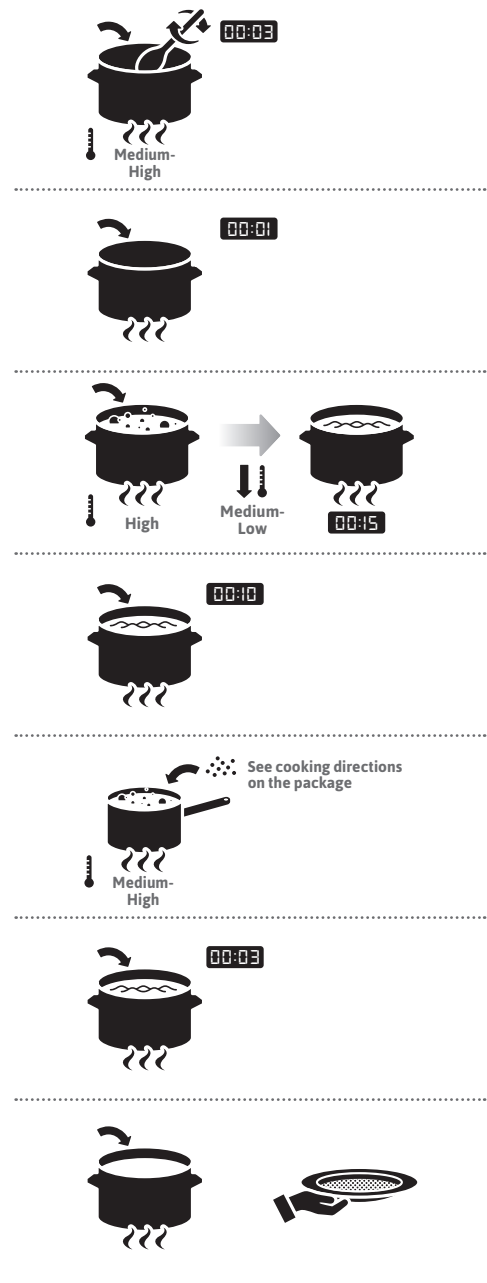
Serve with:

? A fruit

? A glass of milk or fortified soy beverage

Directions

- 1 In a large pot over medium-high heat, heat the **oil** and cook the **onion** for about 3 minutes, until browned.
- 2 Add the **cumin, salt** and **pepper**, and cook for 1 more minute.
- 3 Add the **carrots, rutabaga** and **broth**. Bring to a boil over high heat, lower heat and gently simmer for about 15 minutes.
- 4 Add the **diced tomatoes** and cook for an additional 5 to 10 minutes, or until desired consistency.
- 5 Meanwhile, boil the **water** in a small pot and prepare the **couscous** according to package directions.
- 6 Add the **chickpeas** and **raisins** to the vegetables and cook for 2 to 3 more minutes.
- 7 Add **hot sauce** to taste, adjust the salt and pepper (if needed) and serve couscous with sauce on top.



My rating: ★ ★ ★

This original recipe was developed by Extenso - The Université de Montréal reference centre on human nutrition

