

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**

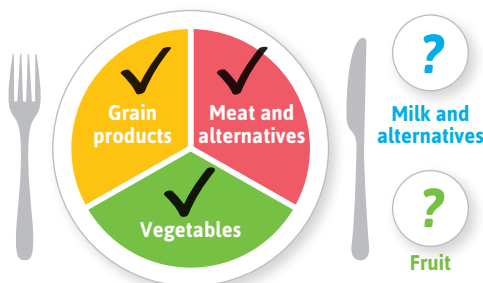


1 can (540 ml) **chickpeas**, drained and thoroughly rinsed



60 ml (¼ cup) **raisins**

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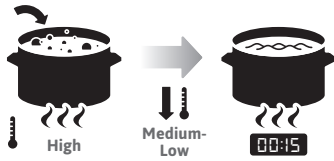




Balanced plate

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