


# Algerian Whole-Wheat Couscous with Red Beans and Vegetables

A vegetarian version of the signature North African dish, hearty beans and tender vegetables are served on a bed of fluffy, whole-grain couscous.

## Ingredients


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 **Servings** 6 **Serving Size** 1 cup vegetables and 3/4 cup couscous

2 teaspoons olive oil  
1 medium onion (chopped)  
1 small red bell pepper, cut lengthwise into 2 x 1/4-inch strips  
1 small zucchini (halved lengthwise, diagonally sliced)  
1 medium carrot (diagonally sliced)  
1 medium rib of celery, cut crosswise into thin slices  
1 teaspoon minced garlic  
2 15.5-ounce cans no-salt-added dark red kidney beans, rinsed and drained  
1 cup fat-free, low-sodium vegetable broth  
1 small sweet potato (peeled, cut into 1-inch cubes)  
1 large tomato (diced)  
1 teaspoon dried thyme (crumbled)  
1 teaspoon ground cumin  
1/2 teaspoon paprika  
1/2 teaspoon salt  
1/8 teaspoon cayenne  
1 cup uncooked couscous (whole-wheat)  
1/4 cup minced parsley (fresh)

## Directions

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 **Tip:** Click on step to mark as complete.

In a large skillet, heat the oil over medium heat, swirling to coat the bottom. Cook the onion, bell pepper, zucchini, carrot, and celery for 5 minutes, stirring frequently. Stir in the garlic. Cook for 30 seconds, stirring occasionally.

Stir in the beans, broth, sweet potato, tomato, thyme, cumin, paprika, salt, and cayenne. Increase the heat to high and bring to a boil. Reduce the heat to low. Cook, covered, for 12 to 15 minutes, or until the vegetables are tender.

Meanwhile, prepare the couscous using the package directions, omitting the salt. Fluff with a fork. Transfer the couscous to serving plates. Spoon the vegetable mixture over the couscous. Sprinkle each serving with the parsley.

 **Calories**

 **Protein**

 **Fiber**

330 Per Serving

16g Per Serving

13g Per Serving

## Nutrition Facts

<b>Calories</b>	330
<b>Total Fat</b>	2.5 g
Saturated Fat	0.5 g
Trans Fat	0.0 g
Polyunsaturated Fat	0.5 g
Monounsaturated Fat	1.0 g
<b>Cholesterol</b>	0 mg
<b>Sodium</b>	241 mg
<b>Total Carbohydrate</b>	65 g
Dietary Fiber	13 g
Sugars	8 g
<b>Protein</b>	16 g

### Dietary Exchanges

4 starch, 1 vegetable, 1 very lean meat