

The spices in this hearty stew give it a Moroccan flare. Chickpeas, known as garbanzo beans, are nutritious and filling and can be found in the canned bean section at the store. Couscous is a small spherical shape, granular pasta that is used in many African dishes and is typically found by the rice.

1 cup water
1 cup uncooked couscous
2 teaspoons olive oil
1 large yellow onion, diced (1 cup)
2 medium carrots, diced (1 cup)
2 cloves garlic, minced (2 teaspoons) or 1/4 teaspoon garlic powder
1 jalapeño pepper, seeded and minced (1 Tablespoon)
1 medium-large potato, unpeeled and cubed (2 cups)
2 teaspoons ground cumin
1 teaspoon chili powder
1/2 teaspoon ground turmeric
1/2 teaspoon ground cinnamon
2 Tablespoons lemon juice
2 (14.5 ounce) cans no-salt added crushed tomatoes
1 (14 ounce) can vegetable broth
1 (15 ounce) can chickpeas, rinsed and drained
1/2 cup plain low-fat yogurt

Cook couscous according to package directions, omitting butter/olive oil and salt if included.

If directions are not available, bring water to boil in a saucepan. Stir in couscous and cover. Remove from heat; let stand 5 minutes. Fluff couscous lightly with fork before serving.

Heat olive oil in a large saucepan over medium high heat. Add onion, carrot, garlic and jalapeño to pan; sauté for 6 minutes or until tender. Stir in potato, and cumin, chili powder, turmeric, cinnamon, lemon juice, tomatoes, broth, and chickpeas. Bring to a boil, cover, reduce heat and let simmer for 15 minutes or until potato is tender.

Serve over couscous and top with a Tablespoon of yogurt.

Serves 6

Calories 304; Fat 3g; Protein 12g; Carbohydrate 58g; Sodium 320mg.

NOTES: _____

Total Cost: \$6.06

Cost Per Serving (6): \$1.01

