

Algerian Couscous with Red Beans and Vegetables

Ingredients:

1. 2 teaspoons olive oil
2. 1 medium onion (chopped)
3. 1 small red bell pepper, cut lengthwise into 2 x 1/4-inch strips
4. 1 small zucchini (halved lengthwise, diagonally sliced)
5. 1 medium carrot (diagonally sliced)
6. 1 medium rib of celery, cut crosswise into thin slices
7. 1 teaspoon minced garlic
8. 2 15.5-ounce cans no-salt-added dark red kidney beans, rinsed and drained
9. 1 cup fat-free, low-sodium vegetable broth
10. 1 small sweet potato (peeled, cut into 1-inch cubes)
11. 1 large tomato (diced)
12. 1 teaspoon dried thyme (crumbled)
13. 1 teaspoon ground cumin
14. 1/2 teaspoon paprika
15. 1/2 teaspoon salt
16. 1/8 teaspoon cayenne
17. 1 cup uncooked couscous (whole-wheat)
18. 1/4 cup minced parsley (fresh)

Directions:

1. 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.
2. 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 vegetables are tender.
3. 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.