

Marybeth's Cous Cous

*add something spicy - peppers, or black pepper
add garlic*

Cous Cous

Ingredients

1 box - Instant Cous Cous
1 lb. - Ground lamb
1-2 medium - Onions
6 regular - Carrots
6 small - Zucchini
1 medium - Red pepper
1 cup - Raisins (golden is nice)

1 30 oz. can - Whole tomatoes
1 can - Garbanzo beans
As needed - Olive oil
¼ teaspoon - Turmeric
¼ teaspoon - Allspice
½ teaspoon - Ground cumin
1 teaspoon - Ground cinnamon

Instructions

In a skillet, brown the lamb; remove excess grease by draining on paper towel

Chop onions into small pieces

In a large pot:

Add the onions and olive oil to cover; sauté the onions until cooked

Add the browned lamb to the cooked onions

Add the tomatoes and their liquid; cut the tomatoes into smaller pieces

Add the spices (turmeric, ground cumin, allspice, ground cinnamon): stir to mix

Simmer slowly until other ingredients are ready

Prepare carrots:

Peel carrots

Cut into small circular pieces

Put in a bowl; add water; microwave on high for about 3 minutes

Peel zucchini; cut into long thin pieces

Cut red pepper in half; clean out seeds; cut into pieces

In the large pot:

Add the carrots

Add the zucchini

Add the peppers

Add the raisins

Add garbanzo beans

Add water to cover the items in the pot

Cook until blended

Before serving:

Prepare the instant Cous Cous as directed on the package

Serve the meal:

Place a bed of Cous Cous in a wide soup dish

Cover with the stew or place stew on the side

Top with additional garbanzo beans, as desired