

Bell Peppers, Beef, Garbanzo Beans

# Couscous

PREP TIME: 15 MINUTES

- 1½ cups water**
- 1 teaspoon beef-flavor instant bouillon**
- 1 cup uncooked couscous**
- 1 teaspoon olive oil**
- 2 medium green bell peppers, cut into  
2 × ¼ × ¼-inch strips**
- 1 tablespoon water**
- ⅓ cup red wine vinegar**
- 2 teaspoons cumin**
- ¼ teaspoon ground red pepper (cayenne)**
- ½ lb. thinly sliced deli cooked roast beef, as rare  
as possible, cut into 1 × ¼-inch strips**
- 12 pitted ripe olives, cut into wedges**
- 1 (15-oz.) can garbanzo beans, drained, rinsed**

- 1.** Bring 1½ cups water to a boil in medium saucepan. Add bouillon; stir until dissolved. Stir in couscous. Remove from heat; cover and let stand 5 minutes.
- 2.** Meanwhile, heat oil in large nonstick skillet over medium-high heat until hot. Add bell peppers and 1 tablespoon water; stir to coat peppers with oil. Cover; cook 2 minutes.

## about Couscous

Couscous resembles a grain but is actually a tiny pasta that's very popular in Middle Eastern cooking. Its mild flavor makes it a good complement to a variety of savory dishes, and the quick-cooking version found in most supermarkets takes only 5 minutes to prepare.

fork before serving. If desired, sprinkle with freshly ground black pepper.

YIELD: 6 (1¼-CUP) SERVINGS

### Nutrition Information Per Serving

Serving Size: 1¼ Cups

Calories.....	280	Calories from Fat .....	50
		% Daily Value	
Total Fat .....	6g	Saturated .....	9%
Cholesterol .....	1g	Cholesterol .....	5%
Sodium .....	35mg	Sodium .....	12%
Total Carbohydrate.....	630mg	Total Carbohydrate.....	26%
Dietary Fiber .....	37g	Dietary Fiber .....	12%
Sugars .....	5g	Sugars .....	20%
Protein .....	2g	Protein .....	2g
Vitamin A .....	4%	Vitamin C .....	25%
Calcium .....	4%	Iron .....	15%

Dietary Exchanges: 2 Starch, 1 Vegetable, 2 Lean Meat OR  
2 Carbohydrate, 1 Vegetable, 2 Lean Meat