

# Super bowls

## Moroccan vegetable stew

*pictured at right*

**Prep** 15 minutes

**Cook** about 25 minutes

**Makes** about 5½ cups or 4 main-dish servings

- 1 tablespoon olive oil
- 1 medium onion, cut into ½-inch pieces
- 2 garlic cloves, crushed with press
- 1 teaspoon curry powder
- 1 teaspoon ground cumin
- 1 can (15 to 19 ounces) garbanzo beans, rinsed and drained
- 1 can (14½ ounces) stewed tomatoes
- 1 can (14 to 14½ ounces) vegetable broth or chicken broth (1¾ cups)
- 2 large carrots, sliced diagonally into ¾-inch-thick slices
- 1 box (10 ounces) plain couscous
- 1 medium zucchini (8 ounces), cut lengthwise into quarters, then cut crosswise into 1-inch chunks
- ½ cup golden raisins
- 2 tablespoons chopped fresh cilantro leaves

1. In nonstick 12-inch skillet, heat oil over medium-high heat. Add onion and cook 5 minutes or until lightly browned, stirring frequently. Stir in garlic, curry powder, and cumin, and cook 30 seconds, stirring. Add beans, tomatoes, broth, and carrots; heat to boiling. Reduce heat to medium; cover skillet and cook 5 minutes.

2. Meanwhile, prepare couscous as label directs.

3. Into bean mixture in skillet, stir zucchini and raisins; cover and cook



5 minutes or until zucchini is tender, stirring occasionally.

4. To serve, fluff couscous with two forks. Divide couscous among 4 large shallow bowls. Spoon vegeta-

ble stew over couscous; sprinkle with chopped cilantro.

>> Each serving: About 585 calories, 19 g protein, 115 g carbohydrate, 6 g total fat (1 g saturated), 15 g fiber, 0 mg cholesterol, 670 mg sodium. ▶