

# Starters, Sides, and Complements

## Easy Vegetable Couscous

*\*Vegan*

Couscous is used all over the world from Morocco, to Libya, to France and Syria. And now it can also be used in your kitchen! It works as a great meal base and can be used as a substitute for rice or pasta.

### You'll Need

- Olive oil
- 1 cup uncooked couscous
- 2 chopped, carrots
- ¼ cup chopped, onion
- 2 chopped, celery stalks
- ½ Tablespoon butter
- ¼ teaspoon salt
- ½ teaspoon cumin
- Fresh ground pepper to taste
- Parsley to garnish



### Directions

- Prepare couscous: Boil 1 ¼ cups water, add boiling water to couscous, remove from heat and couscous will absorb water. After water is absorbed mix in butter.
- While couscous is preparing, chop all vegetables and sauté in some olive oil for approximately 10 minutes. Next mix couscous and vegetables together, and add seasonings. Serve with a garnish of parsley on top. Enjoy!

### Play with Your Food

- Choose whole wheat couscous.
- Try cooking it chicken or vegetable broth instead of water.
- Switch up the vegetables.
- Leave the butter out.

Medwell Kitchen Tested