

Couscous with Turmeric and Zucchini

INGREDIENTS

1. 1 large onion, chopped
2. 1/2 teaspoon turmeric
3. 1/4 teaspoon cayenne
4. 1/2 cup vegetable stock
5. 1 ^{1/2} teaspoons black pepper
6. 1/2 teaspoon salt
7. 1 small can tomato paste
8. 3 to 4 whole cloves
9. 3 medium zucchini
10. 4 small yellow squash or yellow zucchini
11. 3 to 4 large carrots
12. 4 medium yellow or red potatoes, skins on
13. 1 red or green bell pepper
14. 1 dash of cinnamon
15. Water
16. 15-ounce can of garbanzo beans
17. Couscous

Method:

1. Sauté onion in vegetable stock over medium-low heat until translucent.
2. Add spices and cook for a few more minutes, stirring as needed.
3. Add tomato paste, stir, and simmer for 2 minutes.
4. Cut the vegetables in large chunks and add to stock mixture (not the beans) with a dash of cinnamon; add water to cover. Bring to a boil and then reduce heat and simmer, covered, for an hour or so. This can cook slowly for 2 to 3 hours, if desired.
5. Add the drained garbanzos about 5 minutes before you take the veggies off the heat.
6. Put couscous in a bowl. Pour boiling water over couscous and wait about 5 minutes (Ratio of about 1 1/2:1 of water to couscous.). Fluff with fork. For added flavor, add some of the liquid from the veggie stew to the couscous in place of some of the water.
7. Serve the stew over the couscous.