



## Red Pepper Couscous

A dish packed with nutritious vegetables.

**Prep time:** 15 minutes

**Cook time:** 15 minutes

**Yield:** 50 servings

### Ingredients:

- 1 lb. green onion, sliced
- 6 oz. red bell pepper, julienne
- 2 tbsp. garlic, minced
- 1/2 c. olive oil
- 2 tbsp. paprika
- 3 qt. water
- 1/4 c. fresh lemon juice
- 8 oz. tomato paste
- 8 oz. pimento, chopped
- 1/2 tsp. crushed red pepper
- 1 tbsp. salt
- 3 lbs. couscous, quick cooking

### Directions:

1. Sauté vegetables in oil in a steam-jacketed kettle or stockpot until tender-crisp.
2. Add paprika and cook for 1 minute,
3. Add water, juice, tomato paste, pimento, and seasonings to sauteed vegetable mixture. Bring to a rolling boil.
4. Add couscous to mixture and stir. Cover, turn off heat.
5. Let stand for 5 minutes. Stir to fluff.

### Nutrition Information:

 Fulfills one serving of vegetables

 Excellent source of fiber

 Good for blood sugar control

Calories	Carbohydrates	Protein	Fat	Sodium	Fiber
141 kcal	26 g	4 g	3 g	141 mg	5 g

\*Estimated nutritional value