

Tames' Couscous

Ingredients

1½ Cups couscous
2 Cups chicken broth
4 large carrots
2 scallion tops
Olive oil
½ tsp. turmeric
½ tsp. ground thyme
½ tsp. ground rosemary
½ tsp. Spike or Mrs. Dash
½ Cup chopped almonds
1-2 Tbs. Butter

Utensils

Measuring cup
Cookpot with lid
Grater
Cutting board & knife
Frying pan
Measuring spoons
Vegetable peeler
Spoon

Peel and grate the carrots. Chop the almonds. Cut the tops off the scallions and slice into small sections. The meal can be prepared up to this point in advance. In a frying pan, heat olive oil and cook the carrots until tender but crisp. Butter can be added for a caramelizing affect. In the cookpot, place the chicken broth and seasonings and bring to a boil. Add the couscous. Cover with lid and reduce heat. Cook until couscous is done. This should be only a few minutes. Remove the cookpot from the stove and let it set for 8-10 minutes. Add carrots, butter, scallions, and chopped almonds. Stir and serve hot.