

Moroccan Chicken and Whole Grain Couscous

Jacob · 30/09/2024



Prep Time

1 hr

Difficult

Medium

Servings

6

Description

A flavorful chicken stew that uses aromatic spices and nice vegetables served over wholegrain couscous. This recipe was actually a real chicken contest winner. Vegetables and even meat can vary according to taste but I find squash, carrots, bell peppers, and lamb work well in this recipe. Even though the spices seem strange, the flavors are subtle but fragrant. A real favorite at home.

Ingredients

- - 1 cup whole wheat couscous - 1 tablespoon vegetable oil - 1 medium onion
- chopped - 2 bay leaves - 5 whole cloves
- crushed - ½ teaspoon cinnamon - 1 teaspoon ground dried turmeric - ¼ teaspoon ground cayenne pepper - 6 skinless
- boneless chicken breast halves - chopped - 1 (16 ounce) can garbanzo beans - 1 (16 ounce) can crushed tomatoes - 1 (48 fluid ounce) can chicken broth - 2 carrots
- cut into 1/2 inch pieces - 1 zucchini
- cut into 1/2-inch pieces - salt to taste

Instructions

1. Prepare the couscous according to package directions. Heat the oil in a large pot over medium heat
2. and cook onion until tender. Mix in bay leaves
3. cloves
4. cinnamon
5. turmeric
6. and cayenne pepper. Place chicken in the pot
7. and cook until well browned. Pour garbanzo beans
8. tomatoes
9. and broth into the pot
10. and bring to a boil. Reduce heat to low
11. and simmer 25 minutes. Mix carrots and zucchini into pot. Season with salt. Continue cooking 10 minutes
12. or until vegetables are tender. Serve stew over cooked couscous.