

Moroccan Soup

Ingredients:

Vegetable oil	1 tablespoon
Onion, chopped	1 large
Carrots, chopped	2 large
Zucchini, chopped	1 medium
Water	6 cups
Diced Tomatoes	1 can (796 mL)
Chickpeas, rinsed & drained	1 can (540 mL)
Whole wheat couscous	1 cup
Garlic powder	1 teaspoon
Turmeric	1 teaspoon
Cinnamon	1 teaspoon
Cumin	1 teaspoon
Ginger	1 teaspoon
Salt	1 ½ teaspoons
Black pepper	½ teaspoon



Did you know? Couscous is a grain made from semolina – the same type of wheat used to make pasta.

Directions:

1. Add vegetable oil to a large pot over medium-high heat.
2. Add onions and carrots and cook for 3 minutes, until onions are soft.
3. Add zucchini, water, tomatoes, chickpeas and couscous and bring to a boil.
4. Add the rest of the ingredients (all spices).
5. Turn heat down to medium-low and cover pot with lid. Cook for 30 minutes, stirring occasionally.

Serves 8