



Spring Veggie Stir Fry Couscous with Ground Turkey

Makes 12, 1 cup servings

Ingredients:

1 red onion, finely chopped
3 - 4 cloves garlic, diced
2 zucchinis, chopped
3 bell peppers, chopped
1 cup corn
1 can kidney or black beans (1½ cups) (drained and rinsed)
¼ tsp cumin (we used a little less)
¼ tsp smoked paprika (optional)
2 tsp dried basil (I used Italian seasonings since I forgot to grab basil)
Salt and pepper to taste
2 cups couscous (Use quinoa for a gluten-free option instead of couscous but remember to allow for a bit of extra cooking time)
2 cups vegetable broth
½ lime, juice
Cilantro, chopped

JJ and Jesi Hack:

We added 1 ½ pounds of ground turkey

We also increased the couscous to 2 cups (and same with the liquid) It probably made way more than we needed for our lunch portion

Preparation:

1. Over medium-high heat, sauté the red onion and garlic. Add in ground turkey and cook until brown. Add in and sauté chopped zucchini and red bell peppers.
2. Once the vegetables are sautéed well (about 5 minutes) add in corn and beans. Sauté. Add cumin, smoked paprika and dried basil. Sauté for another 2 minutes.
3. Turn down heat to medium. Add the couscous to the vegetables and stir into the vegetable mixture. Add vegetable broth and leave covered until it is soaked up into the couscous. Stir and taste the couscous to see if you need to add any more seasonings
4. Squeeze half a lime on top of the couscous stir fry and stir in the cilantro. Fluff the couscous with a fork and serve.

We serve it with 2/3 cup frozen green beans

Macros per 1 cup serving:

Calories: 160 Fat: 2.8g Carbs: 16.3 g Protein: 15.7 g