



## Berbere Plant-Based Ground & Couscous Stew

with Sour Cream & Mint



40min



2 Servings

Berbere is a traditional Ethiopian spice blend that contains chiles, garlic, and warm spices like cinnamon and allspice. It has layers of flavors that we put to good use in this hearty stew featuring plant-based ground, vegetables, and Israeli couscous. Israeli couscous is pearl-sized semolina pasta that soaks up the aromatic sauce and adds tremendous texture to this satisfying one-pot meal.



## What we send

- 1 yellow onion
- 1 carrot
- 1 zucchini
- 14½ oz whole peeled tomatoes
- ½ lb pkg plant-based ground <sup>1,6,15</sup>
- ¼ oz berbere spice blend
- 3 oz Israeli couscous <sup>1</sup>
- ¼ oz fresh mint
- 2 (1 oz) sour cream <sup>7</sup>

## What you need

- olive oil
- kosher salt & ground pepper
- sugar
- garlic

## Tools

- large Dutch oven or pot with lid

## Allergens

Wheat (1), Soy (6), Milk (7), Tree Nuts (15). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 740kcal, Fat 35g, Carbs 90g, Protein 33g



### 1. Prep ingredients

Halve and cut **onion** into ¼-inch pieces. Scrub and trim **carrot**, then halve lengthwise and cut into ¼-inch thick half-moons.

Quarter **zucchini** lengthwise and then cut into ½-inch thick pieces crosswise. Cut **tomatoes** in can using kitchen shears.

Finely chop **2 teaspoons garlic**.



### 4. Add seasoning

Stir in **garlic** and **1-2 teaspoons berbere spice blend** (depending on spice preference). Cook until fragrant, about 1 minute. Add **3 cups water** to pot and bring to a simmer, scraping up bits from the bottom of the pan.



### 2. Sauté onions & carrots

Heat **1 tablespoon oil** in a large Dutch oven or pot with a lid over medium-high. Add **zucchini** and cook until browned, 3-5 minutes stirring occasionally. Transfer to plate and reserve until step 6.

Add **onions** and **carrots**; season with **salt** and **pepper**. Cook until onions are translucent and carrots are just tender, 5-7 minutes.



### 5. Add liquid & couscous

Add **chopped tomatoes**, cover, and bring to a boil over high heat; stir in **couscous**. Reduce heat to medium-high and simmer, partially covered, and stirring occasionally, until couscous is al dente and **broth** is slightly thickened, about 15 minutes. Remove from heat. Season with **1 teaspoon salt**, **½ teaspoon sugar**, and **a few grinds of pepper**.



### 3. Cook plant-based ground

Add **plant-based ground** to pot with **veggies**; season with **salt** and **pepper**. Cook over medium-high heat, stirring and breaking up into large pieces, until deeply browned in spots and cooked through, 5-7 minutes.



### 6. Finish & serve

Meanwhile, pick **mint leaves** from stems, discard stems and thinly slice leaves. In a small bowl, stir together **sour cream**, **1½ tablespoons water**, and **1 tablespoon oil**; season to taste with **salt** and **pepper**. Return **zucchini** to pot and cook until heated through, about 1 minute. Spoon **stew** into bowls and top with a drizzle of **sour cream** and **fresh mint**. Enjoy!