



## Berbere Plant-Based Ground & Couscous Stew

with Sour Cream & Mint



40min



2 Servings

| This version of the recipe is customized with plant-based ground.

## What we send

- 1 yellow onion
- 1 carrot
- 1 zucchini
- 14½ oz whole peeled tomatoes
- ½ lb pkg plant-based ground <sup>1,2,3</sup>
- ¼ oz berbere spice blend
- 3 oz Israeli couscous <sup>3</sup>
- ¼ oz fresh mint
- 2 (1 oz) sour cream <sup>4</sup>

## What you need

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

## Tools

- large Dutch oven or pot with lid

## Allergens

Soy (1), Tree Nuts (2), Wheat (3), Milk (4). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 780kcal, Fat 35g, Carbs 63g, Protein 39g



### 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!