



Featuring these market ingredients, which are marked with *:

Onion

Garlic

Green beans

Carrots

Potato

Tomatoes

Parsley

Yogurt

Spicy Ethiopian Vegetable Stew

(Adapted from World Vegetarian Classics, by Celia Brooks-Brown)
Serves 4.

Ingredients

1 tbsp sunflower oil
1 large onion, diced *
2 cloves garlic, chopped fine *
1 tbsp berbere (Purchase this Ethiopian hot seasoning from health food stores, or make it yourself from one of the many recipes on-line.)
1 tbsp paprika
2 cups green beans*, cut small pieces (or use frozen saved from summer)
1 large carrots washed, cut to a 1/2 inch dice *
1 potato about 7 oz, cut to a 1/2 inch dice *
2 medium tomatoes, coarsely chopped *
1/4 cup tomato paste
2 cups vegetable broth or water, (plus an additional 3/4 cup for the couscous)
1 cup parsley chopped fine *
3/4 cup dry couscous
3/4 cup low fat plain yogurt *
Salt and Pepper to taste

Directions

In a small sauce pan with a lid, heat 3/4 cups of vegetable broth to a boil, remove from the heat, stir in the couscous, cover and set aside.

In a large saucepan, heat 1 tsp oil on medium heat, add the onion and cook until soft with over medium heat. Add the remaining oil, garlic, berbere spice and paprika, and sauté for about 2 minutes.

Add the green beans, carrots, and potatoes. Stir to coat the vegetables with oil, cover the pot, lower the heat, and cook for another 5 minutes.

Add the tomatoes, tomato paste, 2 cups of vegetable broth or water, and salt and pepper to taste. Bring the mixture to a boil, then simmer, uncovered until the vegetables are all tender.

Stir in the parsley just before serving. Serve on four plates with 1/4 of the couscous and 1/4 of the yogurt each plate.