

Spiced Beef with Peppers and Couscous

SERVES 4

Ingredients

MEAT

1 lb **ground beef**

VEGETABLES

1 **onion** | **diced**

1 16-ounce bag **frozen sliced bell peppers**

OR 2 fresh bell peppers sliced

PANTRY

1 14.5-ounce can **diced tomatoes**

SPICES AND OILS

2 tablespoons **olive oil**

1 teaspoon **paprika**

1/2 teaspoon **thyme**

GRAINS

1 cup uncooked **couscous**

EQUIPMENT



Cutting board



Spatula or spoon



Measuring spoons



Knife



Measuring cups



Pan

MIX IT UP AND MAKE IT YOUR OWN

- To make this an even more veggie packed dish you could add carrots and/or zucchini in with the onions. You could also add greens such as spinach, kale or collards.
- This recipe features ground beef. However, you can easily substitute ground chicken or turkey.
- If you are avoiding meat altogether, you can swap the beef for crumbled tofu or beans such as cannellini beans or chickpeas.
- Paprika and thyme are an excellent way to flavor without salt, but choose flavors that are available and appealing to you. Curry powder would be wonderful in this dish. Alternatively, you could make it more simple with a little garlic powder and black pepper.
- We chose to use couscous in this recipe as it is quick to make and adds a great flavor and texture to the dish. If you do not like couscous or do not have it on hand, you can substitute brown rice or quinoa.

