



**VETRI
COMMUNITY
PARTNERSHIP**

EAT. EDUCATE. EMPOWER.



Moroccan Mushroom Couscous

INGREDIENTS

- 4 Tablespoons olive oil (divided)
- 2 ½ cups mushrooms, thinly sliced (2 -10 oz. containers) *any variety but cremini, baby bella or button mushrooms work best*
- 2 cloves of garlic, minced
- 1 onion, diced small
- ½ bunch scallion onions, chopped
- 2 cups couscous, preferably whole wheat
- 2 ½ cups vegetable broth
- 1 teaspoon turmeric
- 1 teaspoon cumin
- 1 lemon, zested and juiced
- ¼ - ½ cup raisins
- ½ bunch of parsley, chopped
- Salt and pepper, to taste

DIRECTIONS:

1. Wash hands with soap and warm water before beginning recipe. Wipe mushrooms clean with a damp cloth or paper towel, removing all visible dirt. Rinse scallions, lemon and parsley under cold running water to remove excess dirt.
2. Pre-heat a large skillet over medium-high heat. Add 2 tablespoons olive oil and sliced mushrooms. Season with salt and pepper. Sauté for about 5 minutes until lightly brown.
3. Next add onion, scallions, and garlic. Cook an additional 3-5 minutes until onions and garlic are soft.
4. Add the couscous and broth, and season with turmeric, cumin, salt and pepper. Increase the heat to medium high. Once the liquid starts to boil, reduce the heat to medium low. Cover and cook for 5 to 10 minutes until the couscous is tender and all liquid is absorbed. *You may uncover to check doneness of couscous, but just long enough to stir once or twice.*
5. Once couscous is cooked, fluff the mixture with a fork.
6. Add lemon zest and juice over couscous. Add remaining 2 tablespoons of olive oil, raisins and chopped parsley. Stir gently to combine, taste and adjust seasoning, if needed.
7. Enjoy warm or cold!



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