

# Moroccan Couscous Soup

Fast, easy and delicious. This recipe is classic Meez. We're cooking up chickpeas, carrots, celery and couscous in a delectable soup seasoned with classic Moroccan spices. Served with Cilantro Yogurt and warm naan bread. Yum!

**20** *Minutes to the Table*

**10** *Minutes Hands On*

**1 Whisks** *Super Easy*

## Getting Organized

### EQUIPMENT

Large Saucepan with lid

### FROM YOUR PANTRY

Olive Oil

Salt & Pepper

### 6 MEEZ CONTAINERS

Mixed Veggies

Broth Starter

Couscous

Garbanzo Beans

Naan

Cilantro Yogurt Sauce

## Good to Know

**Health snapshot per serving** – 395 Calories, 16g Protein, 71g Carbs, 6g Fat, 8 Freestyle Points.

**Have questions?** The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

INGREDIENTS: Couscous, Garbanzo Beans, Naan, Carrot, Celery, Red Onion, Turnip, Greek Yogurt, Cilantro, Mint, Ginger, Turmeric, Cumin, Coriander, Black Pepper, Cayenne Pepper, Cinnamon, Vegetable Broth, Tomato.

meez *meals*

*You'll be using the oven for toasting the Naan bread. You may use a toaster oven if you prefer.*

### 1. Getting Organized

Preheat oven to 425.

### 2. Cook the Veggies

Heat 2 Tbsp olive oil in a large saucepan over medium-high heat. When the oil is hot add the **Mixed Veggies** to the saucepan and cook, stirring continuously, until aromatic, about 2 minutes.

### 3. Make the Broth

Add the **Broth Starter, Couscous, Garbanzo Beans**, and 2 cups of water, cover, and bring to a boil. Once the soup is boiling, reduce heat to medium and simmer, covered for 15 minutes.

### 4. Toast the Naan

When the soup is almost ready, brush both sides of the **Naan** very lightly with olive oil and a little salt and pepper. Heat until warm, about 1 minute.

### 5. Serve and Enjoy

Serve the soup topped with the **Cilantro Yogurt Sauce** and naan on the side. Enjoy!

Instructions for two servings.

**Meez Meals \* 1459 N. Elmwood Avenue \* Evanston \* Illinois**