



### **Sweet Potato Couscous with Green Beans**

\*\*Need one 9"x13" disposable aluminum pan

- 1 Tablespoon olive oil
- 4 large sweet potatoes, peeled and cubed
- 2 cinnamon sticks, broken in half
- 1 large onion, diced
- 3 cups Israeli couscous
- 6 cups vegetable broth
- 1 lbs green beans (fresh or frozen), cut into bite sized pieces
- $\frac{2}{3}$  cup raisins
- 1 cup crumbled feta cheese
- $\frac{1}{2}$  cup fresh parsley, chopped

Heat oil over medium-high heat. Add onion and cinnamon stick pieces and stir for 2 minutes. Add sweet potatoes and couscous and continue cooking for 2 more minutes or until they are both golden.

Pour in broth and bring to a boil. Cover, reduce heat and simmer until sweet potatoes are almost tender (about 8 minutes). Return to medium heat, add beans and cook until tender-crisp, 5 minutes.

Remove from heat, stir in raisins and let stand for 5 minutes.

Fluff with a fork, pour into a 9"x13" aluminium pan, and sprinkle with parsley and feta.

**DROPOFF** - Please deliver to SPUR (Marblehead & Swampscott residents) or to Lifebridge (Salem residents). We will reheat at Lifebridge for service.