



Beef Tagine

Serves 4

This quick-cooking version of tagine, a Moroccan meat and vegetable stew slow-simmered with spices and served over couscous, uses cubes of tender steak that are browned, then reheated in the fragrant stew.

- 2 teaspoons olive oil
- 1 pound boneless sirloin steak, all visible fat discarded, cut into 1/2-inch cubes
- 1 large red bell pepper and 1 large yellow bell pepper, or 2 large red bell peppers, chopped
- 1 small onion, chopped
- 2 medium garlic cloves, minced
- 1/2 teaspoon ground ginger
- 1/2 teaspoon ground cumin
- 1/4 teaspoon salt
- 1/8 teaspoon ground allspice
- 1/8 teaspoon ground cinnamon
- 1 14.5-ounce can no-salt-added diced tomatoes, undrained
- 1 cup fat-free, low-sodium chicken broth
- 1/3 cup golden raisins
- 2 tablespoons no-salt-added tomato paste
- 1 1/4 cups water
- 1 cup uncooked whole-wheat couscous
- 2 tablespoons fresh lemon juice
- 1 tablespoon snipped fresh parsley

In a large skillet, heat the oil over medium-high heat, swirling to coat the bottom. Cook the beef for 3 minutes, or just until browned on all sides, stirring frequently. Transfer to a large plate. Set aside.

In the same skillet, stir together the bell peppers, onion, and garlic. Cook over medium-high heat for 5 minutes, stirring frequently.

Stir in the ginger, cumin, salt, allspice, and cinnamon. Cook for 1 minute, or until the spices are fragrant, stirring constantly.

Stir in the tomatoes with liquid, broth, raisins, and tomato paste. Bring to a boil, still on medium high. Reduce the heat and simmer, covered, for 12 to 15 minutes, or until the bell peppers and onion are very tender, with no crispness remaining.

Meanwhile, in a small saucepan, bring the water to a boil over high heat. Remove from the heat. Stir in the couscous. Let stand, covered, for 5 minutes. Fluff with a fork. Set aside.

Stir the beef into the bell pepper mixture. Cook for 1 minute, or just until the beef is heated through. Remove the skillet from the heat. Stir in the lemon juice and parsley. Serve the tagine over the couscous.

Nutritional Analysis

Serving Size: heaping 1 cup beef mixture and ½ cup couscous

Calories	493
Fat	8.0g
Saturated Fat	2.5g
Trans Fat	0.0g
Polyunsaturated Fat	1.0g
Monounsaturated Fat	4.0g
Cholesterol	56mg
Sodium	231mg
Carbohydrates	73g
Dietary Fiber	10g
Sugars	17g
Protein	36g

Dietary Exchanges: 3 starch, 3 vegetable, 1 fruit, 3 lean meat