



Southwest Couscous



Featuring beans, greens and herbs, this simple soup is both flavorful and nutritious. This recipe was created by FamilyCook Productions and appears in Food Day's free e-cookbook, [20 Recipes to Get Kids Cooking!](#)

Instructions:

Adult: Cook 1/2 cup green onions in margarine or butter in large saucepan until tender.

Together: Stir in broth, undrained tomatoes, cumin and chili powder.

Adult: Heat to a boil; remove from heat.

Together: Stir in couscous and beans. Cover, let stand 5 minutes.

Kid: Fluff couscous mixture with a fork.

Kid: Top each serving with cheese and remaining green onions.

Ingredients: (serves 4)

- 1 can (14.5 oz.) stewed tomatoes
- 1 can (14.5 oz.) vegetable broth
- 1/2 cup chopped green onions, divided
- 2 tablespoons margarine or butter
- 1 teaspoon ground cumin
- 1 teaspoon chili powder
- 1 package (10 oz.) whole wheat couscous
- 1 can (15 oz.) low-sodium black beans, drained and rinsed
- 1/2 cup shredded low-fat cheddar cheese

Food For Thought!



Ever wonder how canned food stays fresh for so long? Canned foods are heated after they're sealed, which removes any bacteria. Because of the seal, no new bacteria can enter the can and spoil the food. Although canned foods are processed, many items like tomatoes, beans and vegetable stock are still healthy whole foods. But since some versions have lots of salt, look for "reduced sodium" versions when possible.

Cooking Tip of the Week

It takes about eight green onion stalks to get a full cup of chopped green onions. Since this recipe calls for only half a cup of green onions, how many stalks will you need?

Conversation Starter

What is something you hope you'll be able to keep for a long time? Why?



"Start your week off right: Make Monday family night!"
Visit **TheKidsCookMonday.org** to receive
the Family Dinner Date each week in your inbox!