



Beef Tagine with Butternut Squash over Couscous

Prep Time: 15 min

Cook Time: 1 hr. 20 min or Crockpot

Serves: 4

NUTRITION FACTS, PER SERVING:

283 calories

9.5 g fat

617 mg sodium



INGREDIENTS: **** Items not included in kit**

- Tagine Spice Blend (2 tsp paprika, 1 tsp ground cinnamon & 1/2 tsp ground ginger)
- 1/4 tsp salt & black pepper**
- 1/2 tsp crushed red pepper flakes
- 1.5 lbs. beef cubes
- 1 TB olive oil**
- 1/2 cup onions, diced
- 3 cloves garlic, minced
- 1 cup low sodium chicken broth
- 1 can (14.5 ounce) diced tomatoes
- 3 cups cubed peeled butternut squash
- 3 TB chopped fresh parsley for garnish
- 1 box plain couscous

DIRECTIONS:

1. Combine **Tagine Spice Blend**, **1/4 tsp salt & 1/4 tsp black pepper**, and **1/2 tsp red pepper flakes** in a large bowl or Ziplock bag and add **beef cubes**; toss well to coat, set aside.
2. Peel and mince **3 garlic cloves**, set aside. Wash and dry **parsley**, chop leaves to make 3 TB garnish, set aside
3. Heat **1 TB olive oil** in large sauté pan over medium-high heat. Add spiced **beef** and **diced onions**; cook 5 minutes or until browned, stirring occasionally. Add **minced garlic**; cook 1 minute, stirring frequently. Stir in **1 cup chicken broth** and can of **diced tomatoes**; bring to a boil. Reduce heat to medium-low, cover and cook 60 minutes. Add **squash** and if needed the remainder of the **chicken broth**; stir to combine, cover and simmer 20 minutes more or until squash is tender. Sprinkle with **chopped parsley**.
4. Cook **couscous** according to package instructions. Serve the beef tagine over couscous.

****NOTE:** Can be prepared in a crockpot and cooked on low for 8-10 hours. Add butternut squash the last hour of crockpot cook time.

Food provided in this meal kit may have come in contact with, or may contain peanuts, tree nuts, soy, milk, eggs, wheat, fish, or shellfish.

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