

Couscous and Chickpeas – Vegan- SOS

Prep Time: 5 minutes
Cook Time: 15 minutes
Total Time: 20 minutes

Serving Size: 4
Calories per serving: 260
Fat per serving: 0 grams

Ingredients

- 1 cup water
- 1 cup couscous
- 2 cups garbanzo beans, homemade no-salt, or 15-ounce can no-salt-added
- 1/2 small onion, chopped
- 2 tomatoes, diced
- Black pepper to taste
-

Instructions

1. In a large saucepan bring water to a boil over medium-high heat, and add the couscous. Stir occasionally.
2. Add in the tomato, onion, and cooked garbanzo beans. Stir and reduce the heat.
3. When water is absorbed remove from heat, and add pepper to taste.

Notes

Nutrition facts (per serving): Calories: 260, from fat: 0, total fat: 0g, cholesterol: 0mg, sodium: 13mg, total carbohydrate: 51g, fiber: 6g, sugar: 3g, protein: 10g.