

Couscous & Black-Eye Peas

Source: Michael D'Attilo

Ingredients

~4 Tablespoons Sofrito

~3 Tablespoons Olive Oil (*or other mild, tasteful oil*)

1/2 Tbsp Thai Chili Garlic Sauce (*can add more for more flavor. If not using, substitute with cider vinegar.*)

1 Can Black Beans or Blackeye Peas (*black beans taste better, in my opinion*)

2 Cups of Broth (*can use beef, vegetable, chicken, or a mix. I prefer vegetable, Joseph really likes beef.*)

~1.1 Cups Couscous (*SLIGHTLY more than one cup, or couscous will become mush.*)

Directions

Partially open can of beans and set it upside down, allowing it to drain.

Pour oil into a saucepan until it covers entire surface without being mixed around. Put onto low heat and quickly add Sofrito, frying it until it darkens slightly (*note that if heat is too high, Sofrito will splatter. Keep the pot's lid nearby.*) When Sofrito starts to sizzle, add beans and mix, while raising heat to medium. Wait 1 minute and add broth.

Stir in chili garlic sauce and allow broth to boil, stirring occasionally to prevent burning. Once it boils, remove from heat and add couscous. Cover and swirl the pot, so that couscous sinks below beans, etc. Allow pot to sit for 7 minutes. Thoroughly mix & fluff couscous as soon as it is cooked, breaking up chunks before it cools.

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