



Total Time
35 MIN.

Serving & Size
1 CUP

Difficulty
EASY

Yields
24

Flavor up plain couscous with V8® 100% Vegetable Juice. Combined with garlic, mushrooms, zucchini and red bell pepper, this perfect side dish compliments any menu.

Nutrition Facts	
Serving Size	1 CUP
Amount Per Serving	
Calories 246	
% Daily Value	
Total Fat 5.1g	8%
Saturated Fat 0.4g	2%
Cholesterol 0mg	0%
Sodium 154mg	6%
Total Carbohydrate 42.1g	14%
Dietary Fiber 3.7g	15%
Protein 7.9g	16%
Vitamin A 7%	Vitamin C 44%
Calcium 3%	Iron 6%

INGREDIENTS

WEIGHT

MEASURE

canola oil		1/2 cups
garlic, peeled, minced		3 tbsp.
onion, chopped	2 lb.	1 1/2 qt.
mushrooms, sliced	2 lb.	3 qt.
zucchini, grated	2 lb.	1 qt.
red bell pepper, chopped	10 oz.	2 cups
dried thyme, leaves, crushed		2 tsp.
black pepper, ground		1/2 tsp.
 V8® 100% Vegetable Juice , 46 oz container		1 cans
couscous	20 oz.	1 1/2 qt.

INSTRUCTIONS

1. Heat oil in stockpot. Add garlic and cook until lightly browned.
2. Add onion, mushrooms, zucchini, red pepper, thyme and black pepper. Cook and stir for 5 minutes or until vegetables are tender-crisp.
3. Add vegetable juice. Heat to a boil. Remove from heat and stir in couscous. Cover and let stand for 5 minutes or until liquid is absorbed. Fluff before serving.CCP: Heat until internal temperature is 165°F. or higher for 15 seconds. CCP: Hold at 140°F. or higher. Portion mixture using 8 oz. ladle (1 cup).