



Herban Health

providing and promoting community based
holistic healthcare to the medically underserved
in the San Francisco Bay Area

Garbanzo Beans with Couscous

Ingredients:

- 1 bag Garbanzo Beans (high protein), soak over night, then rinse
- 2 carrots diced
- 1 lg onion diced
- 3 cloves garlic
- 2 zucchini cut into chunks
- 1 yellow squash cut into chunks
- 1 cinnamon stick
- 1 teaspoon of each, cardamom, nutmeg, turmeric, fennel seeds (all spices are to your liking)
- 1 cube vegetarian bouillon
- 1 package couscous

Instructions:

Sauté onion, garlic and carrots with a little olive oil, add in all the remaining ingredients plus enough water to cover, bring to a boil and then simmer for a few hours (faster if you can use a pressure cooker or put into a crock pot).

Prepare the couscous as directed.

Serve over couscous with chopped parsley as a garnish.

Note: This is a great vegetarian meal with tons of flavor that is high in protein as well as very tonifying for Yang Qi.

If you would like to contribute a recipe, see more recipes in our collection, or learn more about Herban Health's clinics and classes, please visit us at www.herbanhealthepa.org.