

Delicious Cous Cous

Yield: 2 min
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-cous-cous-recipe>

Ingredients:

- 1 1/2 cups cous cous
- 1 cup hot water Boiling
- 1 stock cube
- onion chopped fine
- 1 clove garlic chopped /crushed
- 1 tomato skin off & chopped
- 1 handful mushrooms chopped small
- 1 tablespoon olive oil
- pepper
- salt
- 1 handful fresh basil leaves & Flat leaf Parsley - chopped
- Tabasco optional

Nutrition:

1. Calories: 600 calories
2. Carbohydrate: 102 grams
3. Cholesterol: 10 milligrams
4. Fat: 10 grams
5. Fiber: 8 grams
6. Protein: 26 grams
7. SaturatedFat: 1 grams
8. Sodium: 850 milligrams
9. Sugar: 10 grams

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