

Couscous With Black Beans

Servings: 2

Source: Pasta & Co. Cookbook

Ingredients

- 1¼ cups Black Beans, Picked Over And Rinsed
- 2 Garlic Cloves, Peeled
- 1 Bay Leaf
- Salt
- ⅓ cup Olive Oil
- 1½ Sherry Wine Vinegar
- ½ Worcestershire Sauce
- 1 teaspoon Salt
- ¼ teaspoon Pepper, Freshly Cracked
- 1 Garlic Clove, Pressed
- 1 teaspoon Cumin
- 3 Sherry Wine Vinegar
- ½ cup Olive Oil
- 1 Garlic Clove, Pressed
- ½ teaspoon Oregano
- ½ teaspoon Cumin
- ½ teaspoon Salt
- ⅛ teaspoon Black Pepper
- 1 Lemon, Juiced
- ¾ cups Chicken Stock
- 2 Olive Oil
- ½ Instant Couscous (1½ cups)
- ½ Red Bell Peppers (small) Diced
- ½ Green Bell Peppers, Diced
- ½ Yellow Bell Peppers, Diced
- ¾ cups Parsley, Chopped
- ½ cup Green Onion, sliced diagonally, ⅛ inch thick

Method

Beans

1. Cook the beans with garlic, bay leaf, and salt, according to directions on page 65. While beans cook, mix together in a large bowl the olive oil, sherry vinegar, Worcestershire sauce, salt, pepper, garlic, and cumin. As soon as the beans are cooked, drain and be sure to rinse thoroughly with cold water. When well drained, toss with the dressing. Reserve.

Couscous

1. In a large bowl, whisk together sherry vinegar, olive oil, garlic, oregano, cumin, salt, pepper, and lemon juice. In a 1-quart saucepan, heat stock and olive oil until simmering. Stir in couscous, cover pan, and remove from heat. Let stand 3 minutes, then stir well with a fork to remove any lumps in the couscous. Fold into the dressing and let cool to room temperature.

Assembly

1. Toss marinated beans with couscous and vegetables, reserving $\frac{1}{3}$ of the vegetables for the top of the salad. Place in serving bowl, top with remaining vegetables, and serve at room temperature.