

Tunisian Couscous

1 (4 lb.) chicken, cut into pieces (or skinless boneless chicken or lamb)
3 tbsp. olive oil
1 onion diced
1 1/2 tsp. cumin
1 1/2 tsp. cinnamon
1 1/2 tsp. paprika
1 tsp. salt
1/2 tsp. cayenne
2 cloves garlic, minced
3 oz. tomato paste
2 cups water or more if needed
2 tbsp. harissa (or more to taste)
2 carrots, peeled and cut into 3" pieces, then halved if large
4 cups cubed butternut squash
2 zucchini sliced 1/2 " thick then quartered
1 16 oz. can Garbanzo beans (chick peas)
1 cup golden raisins
10 oz. plain couscous, uncooked

In a large pot, heat olive oil over medium-high heat. Brown chicken in batches (if necessary), return chicken to the pot. Add the diced onions and all the spices. Stir and cook for 1 to 2 minutes, or until the onions start to sweat and the spices become very fragrant. Add the garlic, stir and cook for another 30 seconds.

Add tomato paste and 1 cup of water, stirring to deglaze the pan. Add just enough extra water to cover the chicken. Bring to a boil, reduce heat to a simmer and cover. Simmer 30 minutes, adding more water if necessary.

Add carrots and cook 15 more minutes. Add harissa and butternut squash, cook for 10 minutes. Finally add the zucchini, garbanzo beans and golden raisins. cook until the butternut squash and zucchini are tender about 10 more minutes.

During the last leg of cooking, prepare the couscous according to package directions. Place couscous in a large bowl, stir in one cup of the cooking liquid from the stew. Stir well to mix. Make a well in the center of the couscous and add the chicken and vegetable stew.

Serve with extra cooking liquid and harissa on the side.