



### Ingredients

Approx. 4-6 servings

Olive oil

1 lb. lean beef (preferably grass fed), sliced in thin strips

1 onion, sliced

1 tsp. minced garlic

½ tsp. finely chopped red chili

1 tsp. ground cumin

¼ tsp. turmeric

16 oz. can crushed tomatoes

1 cup beef stock

2 zucchinis, sliced

1 large handful baby spinach

½ cup raisins

2 cups couscous

½ cup toasted (slivered or flaked) almonds

### Directions

**1)** Heat a small amount of oil in a nonstick skillet or wide-based pan. Stir-fry beef in 2 batches over high heat for 3-4 minutes or until well browned. Remove from the pan and set aside.

**2)** Add onion to the pan and cook over medium heat for 3 minutes or until soft. Add the garlic, chili and spices and stir-fry for about 30 seconds. Stir in the tomatoes and stock, bring to a boil and reduce the heat. Add the zucchini, spinach and raisins, simmer for 5 minutes, stirring occasionally.

**3)** Put the couscous in a heatproof bowl and add 2 cups of boiling water. Cover tightly and let stand for 3 minutes, then fluff with a fork before serving.

**4)** Return beef to the pan to heat and serve over couscous, sprinkled with almonds.



### Moroccan Beef with Couscous

|                                           |          |
|-------------------------------------------|----------|
| Amount                                    | 1.5 cups |
| Calories                                  | 350      |
| Fat (g)                                   | 14       |
| Sat. Fat (g)                              | 3        |
| Carb. (g)                                 | 35       |
| Fiber (g)                                 | 5        |
| Protein (g)                               | 22       |
| Gluten free: substitute rice for couscous |          |

### For Sport Nutrition Questions:

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### Food Fact

Lean beef is an excellent source of protein, iron (used for oxygen transport) and zinc. The combination of beef, spinach and tomatoes helps to optimize the absorption of iron from the spinach as well!

### Cooking Tips

This dish can be frozen in individual portions for later use. Couscous is very easy to prepare in individual portion sizes –just add an equal amount of boiling water to the couscous, cover and let sit for 3 minutes.

Couscous can be given a richer flavor by using stock instead of water or adding some herbs prior to the boiling water.

Turkey breast, chicken breast, or fish can be used instead of beef to lower the fat content.

