

Ingredients

Preparation time: 30 minutes

Servings: 4-6

- 1 Tbsp. olive oil
- 1 lb. beef sirloin, sliced thinly
- 1 onion, sliced
- 1 tsp. minced garlic
- ½ tsp. minced 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 slivered 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 pan to heat and serve over couscous sprinkled with almonds.



Cost per serving:

\$ = < \$5, \$\$ = \$5-10, \$\$\$ = > \$10

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

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Cooking Tip

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 3-5 minutes. Turkey breast, chicken breast, or fish can be used instead of beef to lower the fat content. Substitute rice for couscous to make this dish gluten free.

Performance Facts

Lean beef is an excellent source of protein (important for skeletal muscle repair and growth), iron (used for oxygen transport) and zinc (which is needed to maintain immune function). The combination of beef with spinach and tomatoes helps to optimize the absorption of iron from the spinach as well!

