

# ★ Israeli Couscous with Spinach & Mushrooms

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**Prep:** 5m   **Cook:** 15m   **Total:** 20m

Dinner



## Ingredients

- 2 tbsp olive oil
- 1 cup yellow onion, sliced
- 2 cloves garlic, minced
- 1 1/2 cups baby portobello mushrooms
- 6 cups spinach
- 1/2 teaspoon sea salt
- 1/2 teaspoon black pepper
- 1/4 cup vegetable broth
- 1 Tablespoon olive oil
- 1 cup Israeli couscous
- 2 cups water

## Instructions

1. Spinach and Mushrooms
2. In a large pot, bring 2 tablespoons of oil to medium heat. Add onion and sauté for 3-5 minutes, until they are softened and translucent. Add garlic and sauté for 2 minutes.
3. Add mushrooms and sauté for 5 minutes.
4. Add spinach, salt and pepper, and broth and stir to combine. Cover and cook until spinach is wilted. About 5 minutes.
5. Remove from heat and set aside.
6. Couscous
7. In a medium pot, bring 2 tablespoons of oil to medium heat. Pour in the couscous and stir to coat with oil. Cook for 2 minutes, until the couscous starts to smell toasted.
8. Pour in 2 cups of water and bring to a boil.
9. Once boiling, decrease the heat to a simmer and cover. Cook for 10 minutes, or until al dente, stirring occasionally. Drain off excess liquid.
10. Combine couscous with spinach and mushroom mixture and stir to combine. Serve and enjoy!