

# Vegetarian Maftoul



**Light, fluffy, and subtly flavored with fresh veggies; here's a very yummy recipe that will please your stomach and won't keep you trapped in the kitchen all day!**

## Ingredients:

- 1 lb./250g pack of [Canaan Maftoul \(couscous\)](#)
- 3 potatoes cut in cubes
- 3 carrots cut in halves 2" long
- 2 onions cut in wedges
- 1 cup of cooked chickpeas
- 1 stick of butter
- 1 tablespoon of salt
- 1 teaspoon of pepper or your favorite spice mix
- 1/2 cup of Canaan [Nabali/Rumi Organic EV olive oil](#)

## Preparation:

### Preparing Maftoul

- Pre-heat olive oil in a rice pot
- Add *Maftoul* to hot olive oil and roast for 4 minutes while steering constantly
- Add 2 cups of hot water, 1 teaspoon of salt, and bring to boil, then simmer for 20 minutes
- Take off the stove and fluff with a fork

### Preparing the stew

- Preheat stick of butter in a large skillet on medium-to high heat
- Add potatoes, chickpeas, and carrots; 2 minutes later, add onions and sauté for 5 minutes
- Add salt, and spices and 2 cups of water
- Cover on low heat for 15 minutes
- Serve on a plate with stew over couscous

**"Sahha ow Afyeh": Bon Appetit!**