

# **Beef Tagine**

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**Servings: 4**

**Preparation Time: 10 minutes**

**Cook time: 16 minutes**

*You can substitute turkey, chicken or even meatloaf mix for the ground beef.*

**2 teaspoons vegetable oil**  
**1 medium onion, peeled, trimmed, halved and sliced**  
**2 medium carrots, peeled and cut into coins**  
**1 pound ground beef**  
**2 teaspoons ground cinnamon**  
**1 teaspoon ground ginger**  
**1 teaspoon ground cumin**  
**1/4 teaspoon salt**  
**1/4 teaspoon pepper**  
**1 cup low-sodium beef broth**  
**1 tablespoon all-purpose flour**  
**1 can (15.5 ounces) chickpeas , drained and rinsed**  
**1/2 cup dried apricots, chopped**  
**1/2 cup golden raisins**  
**1 cup couscous**  
**1/4 cup cilantro, chopped**

Heat the oil in a large, lidded nonstick skillet over medium heat.

Add the onion and carrots and cook, stirring for 5 minutes.

Crumble in the ground beef. Increase the heat to medium-high and cook for 5 minutes.

Stir in the cinnamon, ginger, cumin, salt and pepper. Cook for 1 minute.

In a measuring cup, whisk the broth and flour until smooth. Add to the skillet along with the chickpeas, apricots and raisins. Cover and simmer over medium-low heat for 5 minutes.

Meanwhile, prepare the couscous according to package directions.

Spoon onto a platter and add the beef mixture.

Top with cilantro and serve.

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Per Serving (excluding unknown items): 680 Calories; 33g Fat (43.5% calories from fat); 27g Protein; 70g Carbohydrate; 7g Dietary Fiber; 96mg Cholesterol; 237mg Sodium. Exchanges: 2 1/2 Grain(Starch); 2 1/2 Lean Meat; 1 Vegetable; 2 Fruit; 5 Fat.