



Comfort Rice and Beans			
Ingredients:	Quantity	Unit	Notes
Base Essentials Chicken Base	2	tsp.	
Couscous	12	oz	Uncooked
Water	14	oz	
Olive Oil	3	Tbsn	
Fresh Lemon Juice	1	tsp	
Craisins	3/4	cup	
Pinenuts	1/3	cup	
Fresh Mint Leaves	1/3	cup	Diced fine
Salt & Pepper			To Taste

1. Add the Base Essentials Chicken Base to the water and combine with Couscous to cook according to instructions on package
2. Heat the olive oil in a pan, add the pinenuts, brown lightly and remove from heat
3. When the couscous is done cooking, stir the craisins, mint leaves and olive oil-pinenut mix into the rice
4. Season with Salt & Pepper to taste

