

Shakshuka (chickpea recipe)

Ingredients:

- 1 Diced Yellow Onion (Ideally a Walla Walla Sweet)
- 3 Tbsp Olive Oil (You can use less if you're trying to cut fat, you just need enough to sauté the onions without burning them, but this is pretty good-for-you fat)
- 1 Diced red pepper (You can chose your spice level here. Anaheim or Bell if you're still in the "pepper inflames the passions" school of thought, spicy if you enjoy spice and believe more recent nutritional research on spicy foods)
- 4-5 Cloves of Garlic (I'm a garlic lover, others might want to reduce this amount)
- 2 tsp Hungarian or Spanish (sweet) Paprika
- 1 Tbsp Cumin
- 1 Large Can of Whole Tomatoes (You can definitely use fresh if you've got them in your garden now, I'd recommend grilling them first if you want a nice dark, smoky flavor and texture)
- 2-4 Cups of Prepared Garbanzos (Howard's ideally) - or about 2-Cans if you didn't plan far enough ahead to have these ready.
- Salt to taste
- 1 Egg per Person

Directions:

1. In a large stew pot over medium heat (enamelware is perfect for this recipe if you have it), sauté the diced onions in olive oil until they're almost caramelized.
2. Add the red pepper, then the garlic a couple minutes later.
3. After a couple more minutes, add the Paprika and Cumin, mix and sauté for another couple minutes.
4. Slice the tomatoes and add them to the pot, with their liquid. (You could certainly use crushed or diced tomatoes, but when you're buying canned tomatoes, the more whole they are, the better quality they are).
5. Let simmer for about 10 minutes, then add the garbanzos and salt to taste.
6. Using a spoon or ladle, make a depression for each egg. Crack the egg into the depression, and spoon liquid around it if necessary.
7. Poach the egg to your preference. 6-7 minutes and it'll be over-easy. 8-10 and it'll be cooked all the way through.
8. Serve as-is, or garnish with whatever combination you prefer of:
 1. Greek Yoghurt,
 2. Cilantro
 3. Parsley
 4. Kalamata Olives
 5. Feta
 6. Artichoke Hearts

<http://www.seriousseats.com/recipes/2016/09/shakshuka-north-african-shirred-eggs-tomato-pepper-recipe.html>

<http://www.foodnetwork.com/recipes/food-network-kitchen/shakshuka-with-chickpeas-3363804>

LEMON LENTILS & RICE

3 T EVOO (+/-) (opt)
1 onion diced & sauteed
1 c rice
1 c lentils

Heat for one minute.

Add 4 c water.

Boil 30-45 minutes.

Add:

3 T butter (vegan) (opt)

1/2 c lemon juice

1-2 t salt

3 t lemon pepper (opt)

Mix, heat, enjoy.

AVOCADO CHICKPEA SALAD SANDWICH

1 c chickpeas

1/2 c avocado

1 T vegan mayo of choice

1/2 t lime juice

1/4 -1/3 c sweet onion diced (to taste)

1 T cilantro (or so), chopped

1/4 t salt

Mash chickpeas, mash avocado. Combine all ingredients. Put on bread (with lettuce and tomato, if desired). Enjoy.

THUNDER & LIGHTNING

1 lb whole grain pasta, cooked (or 6 servings of whole grain rice)

1 1/2 c vegetarian chicken broth of choice

3 t heaping of diced garlic

1/2 t salt

3 t sage

Evo

1 can garbanzos, drained

Heat garbanzos and garlic in a small amount of evoo until golden brown. Add sage and mix well. Combine pasta (or rice) with the garbanzos.

Separately, add the salt to the broth and stir well. Then, combine with garbanzo and pasta (or rice) mixture. Heat, then enjoy. (Adapted from: "The Pea and Lentil Cookbook")

SPLIT-PEA SOUP

7 c water
1 c split-peas
1/2 c brown rice (opt)
2 bay leaves
2 t salt
2 t or so of minced garlic
1 c chopped or shredded carrots
1 c chopped onion
1 c chopped potatoes (opt)
2 t dried basil

Lightly boil peas and rice in water, covered for 1 1/2 hours. Add remaining ingredients and cook for 20 more minutes (until everything is tender). Remove bay leaves, then enjoy. (Soup is thicker the following day. Add water if needed.)

Lentil & Cilantro Soup

6 c water
1 c lentils
1/2 an onion
1/4 c barley
1 heaping t minced garlic
1 t garlic powder
1 t onion powder
Gently boil together for 40-45 minutes. Then, add:
1/4 c chopped cilantro
1 (14oz) can diced tomatoes
1 1/2 t salt
Heat for five minutes. Enjoy.

Want to make your own lentil chili? Here's the recipe!

INGREDIENTS

Lentils: 2 2/3 Cups

Water: 3 Quarts + 1 Cup

Onions, diced: 2/3 Cup

Celery, diced: 1/3 Cup

Carrots, diced: 1/3 Cup

Tomato puree: 17 Oz.

Pace brand salsa: 1 Cup + 1 Tablespoon

Chili powder, mild: 2 Tablespoon

Cumin: 1 Tablespoon

Granulated garlic: 1 Tablespoon

Granulated sugar: 2 Tablespoons

Kosher salt: 1 1/2 Tablespoons

Crushed red chili flakes: 1/2 Teaspoon

2/3 Cup water and 1/4 Cup cornstarch, stirred into a slurry

Cinnamon: 1/2 Teaspoon

Chopped cilantro: 1 Tablespoon

Mexican chocolate: 2 oz.

Green bell pepper, diced: 1/3 Cup

Red bell pepper, diced: 1/3 Cup

DIRECTIONS

1. DO NOT INCLUDE CILANTRO OR CORNSTARCH SLURRY AT THIS TIME. Mix all ingredients together (EXCEPT cilantro and cornstarch slurry), bring to a boil, stir and cook (will take a couple of hours) until lentils are tender.
2. When the lentils are tender and the broth is well blended, add the cornstarch slurry and continue cooking until the chili consistency is very uniform.
3. Just before serving: add the cilantro, stir, serve.

Hummus Recipe

Yield: Makes 8 or more servings

Ingredients

1.
 - 2 cups drained well-cooked or canned chickpeas, liquid reserved
 - 1/2 cup tahini (sesame paste), optional, with some of its oil
 - 1/4 cup extra-virgin olive oil, plus oil for drizzling
 - 2 cloves garlic, peeled, or to taste
 - Salt and freshly ground black pepper to taste
 - 1 tablespoon ground cumin or paprika, or to taste, plus a sprinkling for garnish
 - Juice of 1 lemon, plus more as needed

- Chopped fresh parsley leaves for garnish

Preparation

1. Put everything except the parsley in a food processor and begin to process; add the chickpea liquid or water as needed to allow the machine to produce a smooth puree.

2. Taste and adjust the seasoning (I often find I like to add much more lemon juice).

Serve, drizzled with the olive oil and sprinkled with a bit more cumin or paprika and some parsley.

Quick Coconut Curry Chickpea Potato Curry

Ingredients:

- 1 1/2 tablespoon grape seed or coconut oil
- 2 large shallots or 3 small
- 3 cloves garlic, minced
- Pressed Walnut sized piece of fresh ginger
- 2 tablespoon red curry paste
- 1/4 of a small zucchini, cut into thin slices, and then cut into half moons (or peas, which aren't in season here now)
- 1 cup cooked baby potatoes, cut into bite-sized pieces
- 1 14 oz can coconut milk
- 1 15 oz can chickpeas
- 1/4 cup fresh cilantro, minced
- Salt and black pepper to taste
- Cayenne, to taste

Directions:

1. Heat oil in a large skillet over medium heat.
2. Add shallots, and cook until they are soft and just starting to brown.
3. Add garlic, ginger and curry paste. Stir to coat.
4. Add zucchini or peas, potatoes, coconut milk, and chickpeas. Increase heat to a gentle boil, then lower heat and simmer 5 minutes, stirring gently.
5. Stir in cilantro and season with salt and black pepper and cayenne.

Recipe

3 Bean Salad

Prep - 15 min.

Makes - 8-10 servings

Ingredients:



1 15oz can black beans

1 15oz can garbanzo beans

1 15oz can kidney beans

1 cup yellow bell pepper - diced

1/2 cup red onion, peeled & diced

1/2 cup cilantro - chopped

1/3 cup apple-cider vinegar

1/4 cup sugar

1/4 cup olive oil

1 1/2 + salt

1 + pepper

1/2 + ground cumin

Mix beans, pepper, cilantro, onion

whisk vinegar, sugar, oil, salt, pepper,
cumin.

add dressing to beans & gently stir

chill for several hours before serving

Preparation Time

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Serves

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1 Tablespoon vegetable oil
2/3 cup chopped onions
1 Tablespoon ground cumin
3 (15-ounce) cans black beans, undrained, divided
1 (15-ounce) can low-sodium vegetable broth
3 cups medium chunky salsa
Juice and zest of 1 lime
¼ cup chopped cilantro, optional
Sour cream, optional

1. Heat vegetable oil in a large saucepan. Add onions and cumin and cook over medium heat until the onions are tender.
2. Puree 2 cans of beans with their liquid and vegetable broth in a blender. Add to saucepan.
3. Stir in remaining can of beans, salsa, lime juice and zest, and cilantro, if using. Bring to a boil. Reduce heat to low and simmer 30 minutes. Top each serving with a dollop of sour cream and additional cilantro, if desired.
Serves 6.

Nutrition facts per serving: 190 calories, 3g fat, 9g protein, 39g carbohydrates, 11g fiber, 1070mg sodium.