

GARBANZO BEANS OR CHICKPEAS

CHICKPEA NOODLE SOUP

1 Cup	Chickpeas, cooked
1/2 Cup	Stock or Water
1 Medium	Onion
3	Garlic Cloves
5 Cups	Stock
2 Tbsp.	Tamari
2 Tbsp.	Nutritional Yeast
1/4 tsp.	Black Pepper, fresh ground
1/4 lb.	Fettuccini Noodles
1	Bay Leaf
2/3 Cup	Green Peas
1	Carrot, diced
1/4 Cup	Parsley, chopped
2 Tbsp.	Chickpea Miso

In a blender, purée the beans in 1/2 cup water with onion and garlic. Boil 5 cups stock in a large pot. Add chickpea purée, tamari, nutritional yeast, carrot and pepper. Bring to a boil again. Add noodles and bay leaf. Boil until pasta is tender. Add green peas, parsley and Miso. Simmer and season to taste.

GARBANZO-TOMATO CURRY

2 tsp.	Sesame (or Olive) Oil
1/4 tsp.	Cumin Seeds (fresh whole)
1/4 tsp.	Black Pepper (fresh ground)
1 Inch	Fresh Ginger, grated or chopped
3	Garlic Cloves, minced
2 Cups	Garbanzo Beans, cooked
1/2 tsp.	Curry Powder
1/4 tsp.	Cinnamon
1	Bay Leaf
1 Large	Onion, chopped
1 Cup	Cauliflower, chopped
3 Cups	Tomatoes, chopped
3 Cups	Basmati Rice, cooked

Sauté herbs in oil. Add vegetables, tomatoes and beans. Simmer 10 minutes. Serve over warm basmati rice.

MINTED BEAN SALAD

2 Cups	Sweet Corn
2 tsp.	Brown Rice Vinegar
2	Carrots, grated
1/4 Cup	Fresh Mint, minced
1/8 tsp.	Herbamaré
2 Cups	Beans, cooked and cooled
1	Lemon, Zest and Juice
6	Scallions, chopped
1	Red Bell Pepper, chopped

Add 2 drops of oil to minced mint to prevent browning. Toss everything together and chill to blend flavors.

*Free Vegetarian (Vegan)
Cooking Class
By Chef Debby DeGraaff*