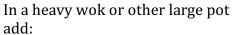
## Garbanzo Bean, Kale, Quinoa and Basil

Kale season? This is one answer.

2 cups garbanzo beans (chick peas), soaked, pressure cooked for 70 minutes or Cooked in a regular pot for 2 ½ hours until soft

2 cups quinoa, rinse under cold running water to remove its bitter flavor, add 4 cups water and ¼ teaspoon salt, place over a medium heat and bring to the boil, reduce to a simmer for 10 to 15 minutes, or until tender and the liquid is absorbed



1/3 cup olive oil

2 red onions, diced

7 cloves garlic, minced

Sauté on medium in olive oil 5 minutes.



1 zucchini (medium to small), bite-sized chunks

1 summer squash (medium), bite-sized chunks

Cover the wok/pot and stir every 4 minutes or so, recover pot until squashes are soft—about 12 minutes I think.

## Add to pot:

2 bunches kale (~20 stems) sliced thinly

28 oz can crushed tomatoes (or fresh)

1 Tablespoon salt

1 ½ teaspoons crushed red pepper

Keep covered and steam for about 7-10 minutes until kale is cooked.

Turn off heat. Add:

The above cooked garbanzo beans and quinoa

2 handfuls fresh basil, sliced thinly

Mix well, test for salt.

Serve hot

Serves 5

