

## 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



In a heavy wok or other large pot add:

- 1/3 cup olive oil
  - 2 red onions, diced
  - 7 cloves garlic, minced
- Sauté on medium in olive oil 5 minutes.

Add:

- 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