

## Curry sandwich spread

3 cups garbanzo beans

Soak overnight, pressure cook 70 minutes

1 large red onion, diced

2 cloves garlic, minced

1 jalapeño pepper, minced

2 Tablespoons olive oil

2 Tablespoons curry powder

4 teaspoons salt

Sauté until vegetables are about half cooked

1 large sweet potato

Wrap in parchment paper and steam 14 minutes in microwave.

1 ripe avocado

Put sweet potato and avocado in food processor. Process until smooth. Add 1/2 of the garbanzo beans. Blend until kind of chunky. Add to onion mixture. Pulse the rest of the garbanzo beans until they are about half chopped.

8 stalks celery, diced

Juice of one lemon

Taste for salt—add salt until it tastes good.

Mix all ingredients by hand until uniformly mixed. Serve over homemade rolls with lettuce on top.