

# Garbanzo a la King



*I developed this recipe for our diabetes intervention patients when I was in the Marshall Islands – this photo was taken there. We did a lot of one pot dishes and stews to serve over barley or brown rice. The dish can be made with simple ingredients or glamorized as you see fit (see suggested variations).*

Makes 6 servings

1 onion, chopped or 1 leak, thinly sliced

3 cloves garlic, minced

1 red pepper, chopped

1/2 cup (125 ml) dry white wine, dry sherry or vegetable broth

2 cups (500 ml) garbanzo beans, cooked and drained (if using canned beans, rinse and drain)

1 1/2 cups (375 ml) frozen peas (set out in a bowl to thaw while the dish is cooking)

4 cups (1 l) mushrooms, sliced

1 tsp (5 ml) salt (or to taste)

1/2 tsp (2 ml) paprika (optional)

1/2 cup (125 ml) parsley, chopped (optional)

1/4 cup (60 ml) cornstarch + 1/2 cup (125 ml) water

3 cups (750 ml) unsweetened soy, almond, coconut or other non-dairy milk

Fresh ground pepper to taste

Braise onions, peppers, mushrooms and garlic in wine, sherry or broth for about 10 minutes or until vegetables are tender.

Mix cornstarch and water in a jar and stir until smooth. Add non-dairy milk and cornstarch mixture and heat until milk thickens. Add peas and garbanzo beans, parsley, salt, pepper and paprika and heat through. Serve hot over brown rice, barley or noodles.

#### *Variations:*

1. Replace chickpeas with other large firm beans, or with cubed smoked tofu, tempeh, or plain veggie chicken. If using plain firm tofu, cut into cubes and saute with a little tamari and seasoning before adding.
2. Add 1-2 cups (250-500 ml) lightly steamed greens such as collards or 1-2 cups (250-500 ml) steamed broccoli florets or asparagus pieces (add at the same time as the peas and beans).
3. Use gourmet mushrooms such as porcini, oyster, chanterelle, enoki, etc. (These are often available in a variety pack). Use shallots or thinly sliced leeks instead of onions.
4. Cut salt to 1/2 tsp (2 ml) and use 2 Tbsp (30 ml) tamari or light miso. Stir into the cornstarch mixture.
5. Use roasted red peppers (from a jar or homemade) instead of fresh red pepper.

6. Use creamy milk. To make unsweetened soy, almond or other milk creamier, add 1/4-1/3 cup (60-85 ml) of cashews or hempseeds to milk and blend until very smooth.
7. Play with seasonings. Try fresh basil or thyme or dried mixed herbs.