

Vegan Chickpea musaka

Posted by Thenor - 2009/12/17 21:30

Ingredients

about 20 oz of cooked garbanzo Beans and an equal amount of diced tomatoes

2 cps vegetable broth...

5- 10 cloves minced Garlic

1 onion diced

1 tbs cumin

2 ts turmeric

Saute the onions on med heat till limp add the garlic. when the garlic starts to smell good add the

spices let let roast for 1-2 minutes then add the diced tomatoes, chickpeas, and broth.

let cook for ten to thirty minutes until most of the liquid is cooked off.

Serve over rice with a garnish of cilantro.

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