




Chickpea Almond Stew with Kasha

Makes about 10 servings

Each serving is ½ cup kasha and 1 cup stew

Note: The heat in any hot pepper is mostly in the ribs, especially close to the seeds. To adjust the heat of a dish to your taste, remove all, some, or none of the ribs and seeds. Wear gloves when handling hot peppers.

Ingredients	Directions
<p>For Stew 1 med onion, diced 1 red bell pepper, diced 1 carrot, diced 1 jalapeno, diced 4 cloves garlic, smashed & chopped 3 TBSP canola oil 1 tsp paprika ½ tsp cinnamon ½ tsp turmeric ¼ tsp ground allspice or 8 whole allspice 2 x 14 oz cans unsweetened light coconut milk ½ cup unsweetened almond butter 1 x 14 oz can diced tomatoes 2 x 14 oz cans chickpeas, drained ¼ to ½ lb fresh spinach About 1/3 cup sliced or slivered almonds, toasted in a dry pan Salt & pepper to taste Fresh lime wedges</p> <p>For Kasha 2 cups buckwheat, medium or coarse grind 2 eggs 4 cups vegetable broth, seasoned 1 TBSP oil</p>	<p>For Stew 1. In a large skillet, sauté onion, pepper, carrot in the oil until they begin to soften – about 5 minutes. 2. Add garlic, jalapeno, & spices. Continue to cook, stirring constantly, another 3 minutes. 3. Add coconut milk & almond butter. Use a whisk to combine the almond butter into the milk completely. 4. Add tomatoes & chickpeas. Bring to a boil, cover and simmer for 10 minutes. Taste and season. 5. Add spinach, cover and simmer for another 5 minutes.</p> <p>For Kasha 1. In a large bowl, beat eggs; add kasha and toss, until kasha is thoroughly covered. 2. In a saucepan, bring broth & oil to a boil. 3. In a large skillet over high heat, brown kasha, stirring constantly, until it's dry and the kernels are separated. It will smell toasty. 4. Add the hot broth all at once, cover and turn down to a simmer for 8-11 minutes, until water is absorbed and kasha is fluffy.</p>
	<p>To serve In a soup bowl, place ½ cup of kasha; top with 1 cup of stew. Garnish with toasted almonds and a squeeze of lime.</p>