

Spiced Lentil (or any bean) Stew
(aka Da)
Serves 4 to 6

This hearty bean stew is bright with Indian spices – ginger, cumin, cardamom – with a kiss of lime. It's so simple to make, just a little chopping, then it pretty much cooks itself in the pan. It makes a fine side dish as well as a wonderful vegan or vegetarian entrée served over a cooked whole grain (barley, brown rice, farro). Leftovers are even better the next day.

2 tablespoons vegetable oil
1 cup finely chopped onion
2 cloves garlic
1 cup lentils (any kind of lentil or yellow split pea will work)
2 teaspoons ground coriander
2 teaspoons cumin
1 teaspoon cardamom
1 teaspoon ground ginger
1 cup canned tomatoes
¼ cup chopped fresh cilantro, optional

In a large saucepan over medium-low heat, heat the oil and saute the onion and garlic until soft, about 3 minutes

Stir in the lentils, coriander, cumin, cardamom, and ginger, and cook for about 30 seconds, then stir in the tomatoes. Add enough water to cover the lentils (about 2 cups) increase the heat, and bring the mixture to a boil. Reduce the heat to a simmer and cook until the sauce has thickened. Season to taste with salt and freshly ground black pepper and serve garnished with the fresh cilantro if using.

Any Bean Hummus
Makes about 1 cup

1 clove garlic
1 cups white beans, cooked or canned
¼ cup tahini
3 tablespoons fresh lemon juice
2 teaspoons ground coriander
2 teaspoons Za'atr or 1 teaspoon cumin & ½ teaspoon dried marjoram
2 to 3 tablespoons extra virgin olive oil
Salt and freshly ground black pepper to taste

Chopped cilantro, optional

Put all of the ingredients into a food processor fitted with a steel blade and process until smooth.

Black Bean Salsa for Nachos

Makes about 2 cups

1 cup cooked or canned black beans

½ cup frozen corn kernels

¼ cup chopped onion

2 tablespoons chipotle chile in adobo sauce, finely chopped

Juice of lime to taste

Salt and freshly ground black pepper to taste

Toss everything together and store in the refrigerator.