



12033 Tecumseh, Rd. E Unit#1 Windsor, ON N8N 1M1
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BEANS / LENTILS

Zucchini Kidney Bean Salad

Ingredients (for 1 serving)

- 1 serving of kidney beans
- 1 serving of vegetables (zucchini, green onions, 1/2 tomato)
- 1 garlic clove
- 1/4 chilli
- Granulated vegetable broth (1 tsp)
- Salt, pepper, thyme
- Organic Apple Cider Vinegar

Preparation:

1. Soak the beans overnight in cold water. The next day, drain. Cook the beans in fresh water for about 1 hour.
2. Wash Zucchini and green onions, and slice them. Dice the tomato. Peel garlic and chop finely. Clean and chop the chilli.
3. Heat a frying pan and cook the Zucchini with garlic, chillies and broth.
4. Mix tomato and spring onion and season with salt, pepper, vinegar and thyme.
5. Mix all ingredients together and let the salad marinate for about 1 hour before serving

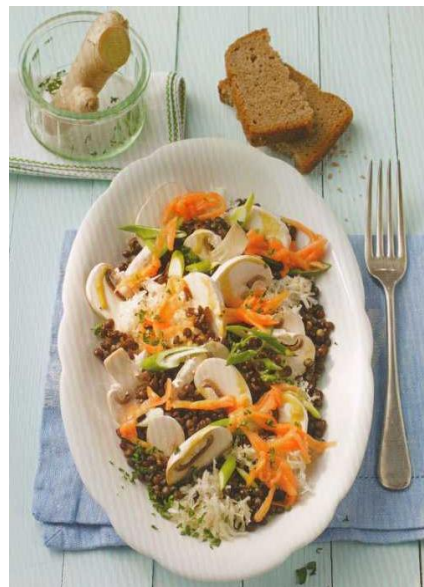


Black Lentil Salad

Ingredients (for 1 serving)

- 1 serving of black lentils
- 1 serving of vegetables (celeriac, spring onion, mushrooms)
- 1 serving papaya (not too ripe)
- Fresh ginger
- Organic apple vinegar
- Mustard (without sugar)
- Salt and pepper
- Granulated vegetable broth (1tsp)
- Freshly chopped parsley

Preparation:





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1. Wash lentils and cook without salt or spices for about 18 minutes.
2. Wash celery and chop it finely. Wash the spring onion. Wipe the mushrooms with a cloth and slice both of them.
3. Peel papaya, remove the seeds and grate the fruit flesh coarsely.
4. For the dressing peel the ginger and grate it finely. Mix the vinegar, mustard and ginger and season with salt, pepper and broth.
5. Mix lentils with vegetable and dressing mix. Allow the salad to marinate for 1 hour.
6. Sprinkle with parsley before serving.

Kidney beans/ Rajma Cutlets

Ingredients (for 1 serving)

- 1 Serving of Kidney bean
- 1 Serving of veggies (parsnips, spring onion, carrot, pumpkin)
- Salt, pepper, coriander seeds, cumin, thyme
- 1 clove of garlic
- 1/4 chili pepper

Preparation:

1. Kidney beans soak overnight in cold water. The next day, drain and cook with fresh water without salt in about 60 minutes or pressure cook for 30 minutes.
2. Wash Vegetable, peel if required and chop them. Heat a pan without fat in it and cook the vegetables. Season them with salt and pepper.
3. Take cooked beans, drain and puree them with some cooking broth. Add the vegetable and mash them together.
4. Roast coriander seeds and cumin seeds lightly in a greaseless pan. Pound them in a pestle and mortar. Peel garlic and chop it finely. Clean chili pepper and chop it. Mix all the spices with the mashed beans and vegetables.
5. From this mixture make small spheres and flatten them. Heat a Nonstick Skillet without fat and roast the cutlets. To tighten the cutlets roast them in the oven at 100 ° C for about 10 minutes.





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Lentils With Vegetables Pasta

Ingredients (for 1 serving)

1 Serving of lentils
Grained vegetable stock (1 tsp).
Cumin, thyme, 1 pinch of nutmeg
Organic apple cider vinegar
1 serving of vegetables (carrot, radish, Zucchini).
Salt, pepper

Preparation:

1. Wash lentils. Bring to a boil without salt, and cook over low heat for 15 to 20 minutes. When they are soft, add vegetable stock, caraway, thyme, nutmeg and 1 dash vinegar flavour.
2. Wash the vegetable and peel them with a vegetable peeler into thin strips. Blanch the vegetable ribbons in salted water. Drain and let dry.
3. Mix the lentils with the vegetable pasta and season with salt and pepper.



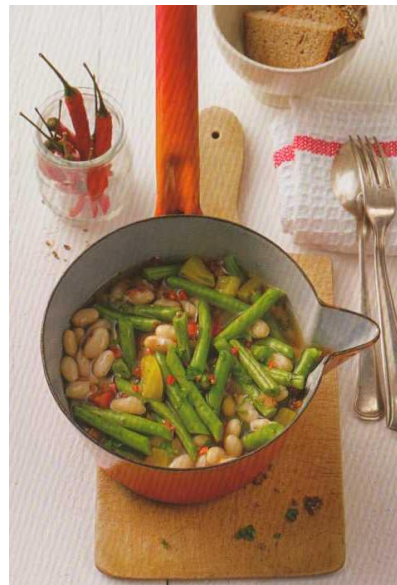
Spicy Bean Pot

Ingredients (for 1 serving)

1 serving of white beans/ Rajma/ Lobia
1 serving of vegetables (french beans, 1/2 tomato, yellow pepper)
Garlic, 1 red chilli
savory
granulated vegetable broth (1tsp)
Salt, pepper, ground cumin

Preparation:

1. Soak Beans overnight in cold water. The next day, pour off the soaking water and cook the beans with fresh water for about 45 minutes (If rajma cook for 60 minutes, if lobia then for 30 minutes).
If cooking in the pressure cooker then cook for half the time).
2. Wash the vegetables and clean them. Slit green beans in half. Cut tomato and bell pepper into small cubes. Peel garlic and chop finely. Wash and chop the chilli.





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3. Heat a pan without fat and cook the beans with water, savory broth powder and cook for about 8 minutes. Add tomato and pepper cubes. Season with garlic, chilli, salt, pepper and cumin.
4. Stir the cooked beans into the vegetables.

Chickpea soup with Mint

Ingredients (for 1 serving)

- 1 Serving of chickpeas
- Mint tea / (tea bag)
- 1 Serving Vegetables (1 / 2 tomato, pumpkin, 1 tsp Onion)
- 1 Clove of garlic.
- 1/2 Chili pepper powder
- Vegetable Stock 200 ml
- Red chili pepper, cumin
- 1 tbsp Fresh chopped mint

Preparation:

1. Soak chickpeas overnight. The next day, drain the soaking water and boil the chickpeas in mint tea, until they are soft. It takes about 45 minutes.
2. Wash the vegetables. Dice tomato. Peel Pumpkin and dice it. Peel and chop garlic. Clean and chop chili pepper.
3. Boil the vegetables in the broth and then cook over medium heat. Season with garlic, chili, red chili pepper and cumin.
4. Drain Chickpeas. Mix with the vegetables. Before serving, stir the chopped mint.

