Mrs. Vegan's WFPB Dinner Recipes

CHICKPEA STEW WITH ROASTED EGGPLANT
(adapted from Isa Chandra Moskowitz & Terry Hope, *Veganomicon*)

1 large eggplant or 2 small ones. diced
1 or 2 bell peppers, any color, seeded and chopped
2 -3 cloves garlic, minced

½ cup white wine or dry sherry
1 onion, chopped
2 cloves garlic, minced
1 tsp dried tarragon
1 tsp dried thyme
1 tsp dried coriander
½ tsp paprika (regular or sweet, not smoked or hot)
1 bay leaf
½ tsp salt
Black pepper
1 28-oz can crushed or diced tomatoes
1 15-oz can chickpeas

Preheat oven to 400 F. Place the eggplant, peppers and garlic on a non-stick or lightly oiled pan and bake for about 25 minutes, opening the oven to turn the veggies with a spatula about halfway through. Remove from oven when done.

In a large pot, sauté the onions and garlic until the onions start to get translucent, about 3-5 minutes. Add the herbs and spices and the tomatoes, bring to a boil then reduce heat to medium-low, partially cover, and let simmer at least 10 minutes. Add the drained chickpeas (reserve the chickpea liquid for another use) and the roasted vegetables, bring to a boil, and let the stew simmer until heated through and the flavors have melded. Good served with brown rice or other grain.

Note: If you can find pomegranate molasses,* add about 1 tbsp stirred into the stew before serving.

Variation in technique: This recipe can seem a bit complicated because you both roast and sauté vegetables. It's possible to cook all of the vegetables using the sauté method. If using this variation, add the diced eggplant, chopped peppers and extra garlic along with the herbs and spices, canned tomatoes, and drained chickpeas. You will need to let the stew simmer over medium heat at least 20 minutes to cook the vegetables. Test the eggplant and peppers to make sure that they are done to your liking, before serving.

*There are commercial varieties of pomegranate molasses. You can also find recipes for pomegranate molasses using pomegranate juice, sugar or other sweetener, and lemon juice.

BROWN RICE

1 cup brown rice

2 2/3 cups water

In a large pot, bring the rice and water to a boil; lower the heat to "Low," cover, and cook about 45 min. (If you have an electric stove, cover partially until temperature lowers, then completely cover pot.) At the end of cooking time, if the rice sticks to the pan, take the pot off the heat, add ½ c water, and cover. In a few minutes, the rice will spoon easily even from the bottom of the pan.

This is a good ratio of rice to water. For a larger crowd you can cook 1½ cups of rice in 4 cups of water (easy to remember).





