Mrs. Vegan's WFPB Dinner Recipes

BLISS IN A DISH
(Chickpea and Artichoke Dish)
(adapted from Dreena Burton, *Let Them Eat Vegan*)

2 ½ to 3 cups peeled and cubed potatoes
1 to 2 cans of chickpeas, drained and rinsed
1 can artichokes, drained and liquid reserved*
4 cloves garlic, minced or grated
1 seeded and chopped bell pepper, any color
1/3 to ½ cup Kalamata olives, sliced in half
1 cup chopped tomatoes
3 to 4 tbsp raisins
1 tsp dried oregano
1 tsp dried basil
½ tsp dried rosemary (crumbled to release flavor)
½ tsp salt
Freshly ground black pepper
3 tbsp liquid (see instructions)

1½ tbsp balsamic vinegar
Julienned fresh basil (optional)
PESTO SAUCE

Preheat oven to 400 degrees F. Lightly oil a large casserole dish, 8 x 12" or equivalent.

Place potatoes in saucepan, half-cover with water, and bring to boil. Lower heat to medium-low and boil about 15-20 minutes till fork-tender. When potatoes are ready, drain and reserve the cooking water.*

In a large bowl, combine the cooked potatoes with the other ingredients, including 3 tbsp of the artichoke liquid or potato cooking water, but not including the vinegar and fresh basil or Pesto Sauce. Spoon the mixture into the casserole dish; cover the dish with foil and bake for 40 minutes (stirring about halfway through the baking process), until the potatoes are fully tender, and the other vegetables have heated through and somewhat softened. Add the vinegar, toss again, and bake for another 10-15 minutes.

Remove from the oven and sprinkle with fresh basil if using. Serve on its own, with bread, or over quinoa, brown rice or pasta, topped with PESTO SAUCE.

*The liquid from canned artichokes is tasty added to soup or stews. Likewise, potato cooking water is great added to soups or stews or used in place of veg broth. You can combine them. Reserve and freeze the liquid if not using it within the week.

PESTO SAUCE.

¼ to ½ cup fresh basil
½ cup walnuts, almonds, or a mix
2 cloves garlic, peeled and chopped
¼ tsp salt or 1 tsp miso
2 tbsp nutritional yeast (optional)
½ cup water or veg broth or more as needed

Blend in a food processor into a paste. You can leave it slightly chunky if you wish.

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).



