

Chickpea Pesto

Serves 10

Ingredients

- ✚ Dried chickpeas
- ✚ Pine nuts
- ✚ Kale
- ✚ Basil
- ✚ Sunflower oil
- ✚ Vegan cheese (below)
- ✚ Water
- ✚ Sea salt

Instructions

- ✚ Soak 2 cups dried garbanzo (chickpeas) beans in about 6 cups of water overnight, then rinse well, and look over to take out any that look like a lesser quality
- ✚ Cook the 2 cups of soaked chickpeas in pressure cooker (14 minutes at high pressure, slow release, drain right after), or cook chickpeas any other way you choose. Once done, set aside.
- ✚ Steam 7 kale leaves, without ribs, to take rawness out, but not mushy
- ✚ In food processor process 1 garlic clove by itself, then add ½ cup pine nuts and process until paste
- ✚ Then add 1 ounce of fresh washed basil leaves and the steamed kale and process
- ✚ When well mixed add ¼ cup sunflower oil, ¼ cup water, 1 tsp sea salt, 1 heaping TBSP of vegan cheese (see below) and process
- ✚ Mix pesto and chickpeas together
- ✚ Enjoy

Vegan Cheese

Makes about 7 heaping TBSP's
(Will keep in refrigerator for a while)

Ingredients

- ✚ Cashews
- ✚ South River Chickpea Miso
- ✚ Lemon
- ✚ Sea Salt

Instructions

- ✚ Add 1 cup of cashews to food processor and process until powdery
- ✚ Add 1 heaping TBSP of miso
- ✚ Add juice of 1 lemon
- ✚ Add ½ tsp Sea Salt
- ✚ Process all ingredients into a paste