



CHICKPEA AND GREENS BROWN RICE BOWL

Vata ↑, Pitta ↓, Kapha ↓

Serves 4 to 6 / Prep time: 10 to 15 minutes / Cook time: Varies

INGREDIENTS

For the beans:

- 6+ cups water (only if cooking from scratch)
- 1 cup garbanzo beans, uncooked (or two, 15 ounce cans)

For the rice:

- 2 1/4 cups water
- 1 cup of brown rice
- 1 tablespoon sunflower oil
- 1/8 teaspoon turmeric*
- 1 cinnamon stick
- 1/8 teaspoon salt

For the sauté:

- 5 large collard green leaves, stemmed and chopped into thin strips
- 2 tablespoons sunflower oil (use sesame oil for Vata)
- 1/4 teaspoon cumin seed, whole
- 1/4 teaspoon brown mustard seed, whole
- 1/3 cup minced onion
- Fresh ginger (2 inch cube), finely grated
- 1/2 teaspoon turmeric*
- 1/4 teaspoon cinnamon powder*
- 1/4 teaspoon cardamom powder*
- Dash cayenne pepper (optional, omit for Pitta)
- 1 small lime, juiced
- 2 teaspoons ume plum vinegar (substitute with equal amount of soy sauce, or 1/4 to 1/2 teaspoon of pink Himalayan salt)

*These spices can be replaced by equal amounts of Kapha Churna or Agni Churna

Cooking the beans:

NOTE: If using canned beans, skip this step and simply add in the canned beans (strained) at the end.

1. Soak beans overnight. The beans will double in size so be sure to use a large container with plenty of water.
2. Drain out and discard the soaking water before boiling.

3. Boil water and then reduce heat to medium. Add the soaked garbanzo beans and boil for 2 to 4 hours or until they are cooked all the way through and fairly mushy. Keep an eye on this process and add more water as needed.
4. If you have a pressure cooker, this is a much quicker method and should be used instead. Cooking time will be around 1 hour total.
5. If you have a crock pot, fill it with water, add the garbanzo beans (no soaking needed!) and cook overnight on a high setting. They will be ready to go by the morning!
6. Once fully cooked, drain the liquid, rinse, and set aside.

Cooking the rice:

1. Boil 2 1/4 cups of water in a medium sauce pan.
2. Reduce the heat to low-medium and add the rice, sunflower oil, turmeric, cinnamon stick, and salt.
3. Cover, leaving a crack to avoid overflow.
4. Cook for 30 to 40 minutes.
5. Stir every 10 to 15 minutes.
6. Once cooked to a desired softness, cover and let it sit for an additional 10 minutes.

Preparing the sauté:

1. Wash and de-stem the collard greens.
2. Cut them into thin strips about 1 to 2 centimeters in thickness.
3. Heat the sauté pan on a medium heat and add 1 tablespoon of the oil.
4. Once fairly hot, add the onion, cumin, and brown mustard seeds. Stir the seeds around and cook for 2 minutes.
5. Add the collard greens and water and stir, allowing the oil and spices to coat the greens evenly.
6. Place the lid on top.
7. Turn the heat to low-medium and cook here for 5 to 7 minutes, stirring every 1 to 2 minutes.

Preparing the sauce:

1. In a small bowl, add 2 tablespoons of oil and the ume plum vinegar (or substitution of choice)
2. Squeeze in the juice of 1 small lime.
3. Add in the ginger, turmeric, cinnamon, cardamom, and cayenne (if used).
4. Stir until the spices are evenly mixed and completely dissolved.

Once everything is ready...

1. Add the garbanzo beans and brown rice to the large sauté pot with the collard greens.
2. Stir the 3 ingredient together until everything is evenly mixed.
3. Pour on the sauce and stir again until the sauce is evenly distributed.
4. Enjoy this nourishing, healthy meal for lunch or dinner, with family and friends!