



RECIPE BOOKLET



LEBANESE FASOULIA



A recipe from Janelle Hama

Servings: 8 portions

Preparation: 20 min

Cooking time: 30 min



1 tbsp = 1 tablespoon = 15 ml

1 tsp = 1 teaspoon = 5 ml

Ingredients



2-3 medium **onions**, diced



1 tbsp of **olive oil**



2 crushed **garlic** cloves



1 tbsp of **baharat** (see NOTES) or all spice



1 small red chili pepper (optional), finely chopped



1 tbsp of **salt**



½ tbsp of **black pepper**



6 small-medium Roma **tomatoes**, diced



1 can of 540 ml of **red beans**



140 g of **tomato paste**



1,25L (5 cups) of **water**

NOTES

Baharat recipe:



- 5 tbsp of paprika
- 4 tbsp of pepper
- 3 tbsp of cumin
- 2 tbsp of ground coriander
- 2 tbsp of ground cloves
- 1 tbsp of cardamom
- 1 tsp of nutmeg

Directions

1



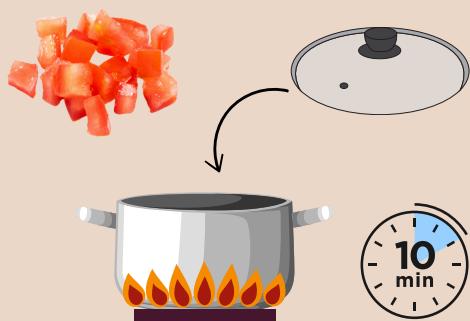
Over medium-high heat, in a saucepan, add the **olive oil** and cook the **onion** for about 3 min

2



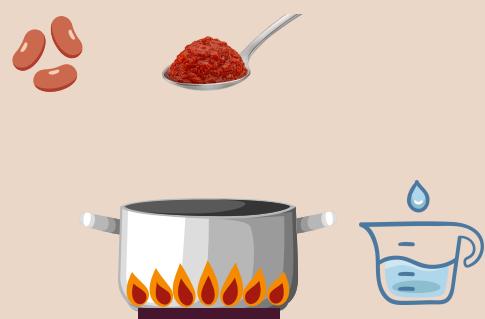
Add the **crushed garlic, chili, spices, salt and pepper**. Mix well.

3



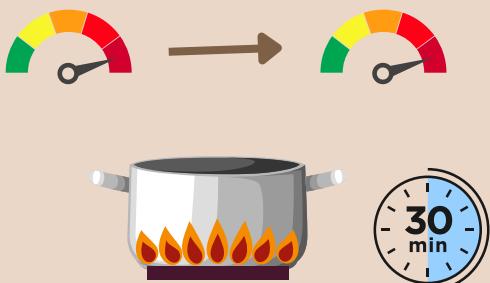
Add the **diced tomatoes**, cover and cook for 10 minutes to soften.

4



Stir in **tomato paste** and **red beans** until well coated, then add **water**

5



Bring to a boil, then reduce the heat to medium-low and cook for about 30 to 35 minutes or until the beans are tender.



Serve over rice if desired.

MEXICAN BEAN SALAD

 A recipe from All Recipes.com

Servings: 8 portions

Preparation: 15 min

Refrigeration: 1h



1 tbsp = 1 tablespoon = 15 ml

1 tsp = 1 teaspoon = 5 ml



Ingredients



1 can of **kidney beans**



1 can of **black beans**



1 can of **white beans**



1 can of **corn**



1 **red bell pepper**,
chopped



1 **green bell pepper**,
chopped



1 **red onion**, chopped



1 **garlic clove**,
chopped



¼ cup of **chopped cilantro**



125 ml (1/2 cup) of **olive oil**



125 ml (1/2 cup) of **red wine vinegar**



1 tbsp of **hot sauce**,
or to taste



1 tbsp of **lime juice**



1 tbsp of **lemon juice**



1 tbsp of **salt**
1 ½ tsp of **pepper**



1 ½ tsp of **ground cumin**



2 tbsp of **sugar**



½ tsp of **chili powder**

Directions

1



Mix together the **beans, bell peppers, corn** and **red onion** in a large bowl

2



In a small bowl, whisk the **olive oil, vinegar, cilantro, lime juice, lemon juice, garlic, sugar, salt, black pepper, cumin, chili powder** and **hot sauce**.

3



Pour the dressing over the bean mixture and mix well. Refrigerate until cooled, about 1 hour. Serve cold.

CHICKPEA SANDWICH



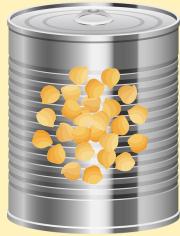
A recipe from wooloo.ca

Servings: 4 portions

Preparation: 5 min



Ingredients



1 can of **chickpea**



1 **celery** branch,
chopped



1 **green onion** branch,
chopped



1 $\frac{1}{2}$ tbsp of
mayonnaise



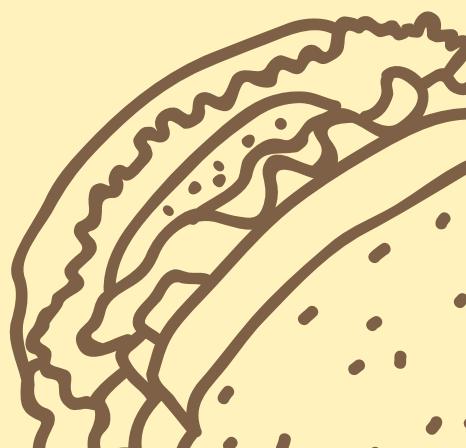
1 tsp of **lemon**
juice



1 pinch of **dried**
dill



salt and pepper to
taste



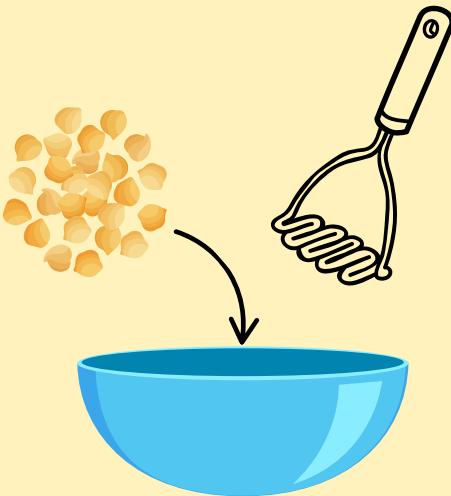
1 tbsp = 1 tablespoon = 15 ml

1 tsp = 1 teaspoon = 5 ml



Directions

1

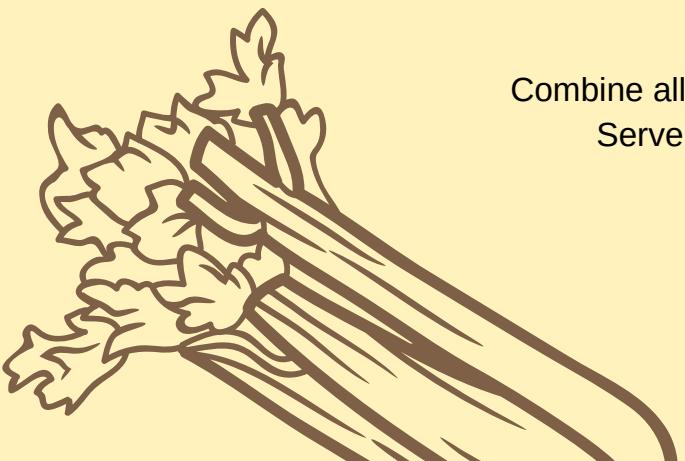


Mash the **chickpeas** in a bowl with a
masher or a fork

2



Combine all the other ingredients and mix
Serve with your favorite bread



LENTIL AND VEGETABLE SOUP

 A recipe from Loounie

Servings: 3L (12 cups)

Preparation: 30 min

Cooking time: 20 min



1 tbsp = 1 tablespoon = 15 ml

1 tsp = 1 teaspoon = 5 ml



Ingredients



1 tbsp of **olive oil**



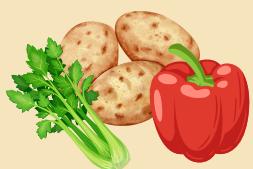
1 onion, chopped



1 or 2 cloves of **garlic**, chopped (optional)



Spices and dried herbs of your choice



1L (4 cups) or more of **vegetables**, diced (see NOTES)



1 tsp of **salt**



1,25L (5 cups) of **water** or **vegetable broth**



1 can of 796ml of **diced tomatoes** (optional)



1 can of 540 of green, brown or red **lentils**



Salt and **pepper** to taste

NOTES

Types of vegetables to use:



- **Root vegetables:** potato, carrot, sweet potato, turnip, rutabaga, parsnip, beetroot and more
- **More delicate vegetables:** broccoli, cauliflower, zucchini, green beans or peppers. Add them 10 minutes before the end of cooking.
- **Leafy green vegetables** should be added at the end of cooking.

Directions

1



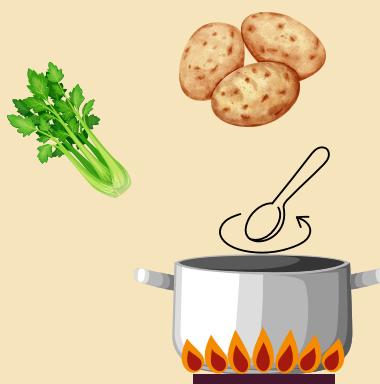
Over medium-high heat, in a saucepan, add the **olive oil** and cook the **onion** for 2 minutes.

2



Add the **garlic, spices** and **dried herbs**.

3



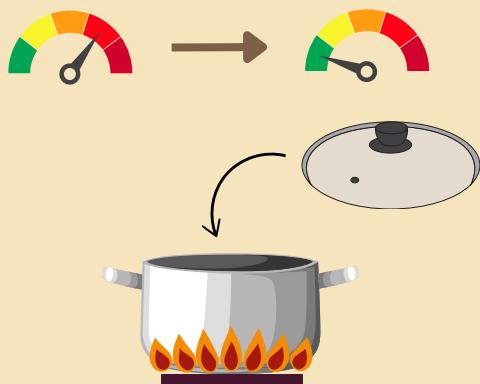
Add **vegetables**, depending on what you have in the refrigerator and pantry.

4



Add the **salt** and **water** (or **vegetable broth**). At this stage, you can also choose to add a can of **tomatoes**.

5



Bring everything to a boil uncovered. Once boiling, reduce heat, cover and simmer until the vegetables are tender, stirring occasionally.

6



Add the **lentils** and mix. Adjust the **seasoning**.

CHOCOLATE CHIP SURPRISE COOKIES

 A recipe from Laurie-Ève Brault, Nutrition Student

Servings: 60 mini cookies
Preparation: 20 min
Cooking time: 12 min



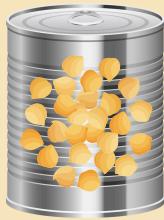
1 tbsp = 1 tablespoon = 15 ml
1 tsp = 1 teaspoon = 5 ml



Ingredients



1 can of 540 ml of **red or white beans**



1 can of 540 ml of **chickpeas**



70 ml (1/4 cup) of **water**



175 ml (3/4 cup) of **brown sugar**



1 tbsp of **vanilla**



1 tsp of **baking powder**



175 ml (2/3 cup) of **all-purpose flour**



1 pinch of **salt**



125 ml (1/2 cup) of **chocolate chips**



Directions



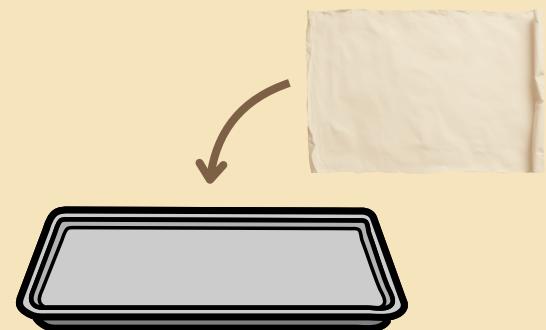
350°F (175°C)



1

Place the rack in the center of the oven.
Preheat the oven to 175 °C (350 °F).

2



Line two baking sheets with parchment paper.

3



In a blender, grind the **beans** and **chickpeas** with the **water**. Add the **brown sugar** and **vanilla**. Blend.

4



In a bowl, combine the **baking powder**, **flour** and **salt**. Mix.

5



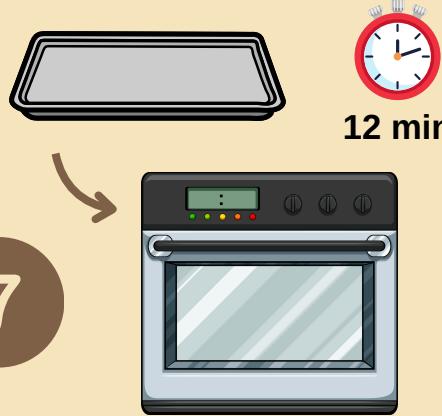
Add the bean mix and **chocolate chips**.

6



Using a tablespoon, form balls of dough. Place on baking sheets.

7



Bake, one baking sheet at a time, for 12 minutes or until golden brown on the edges.