

The Friday 4

4
FRESH
IDEAS
YOU
CAN USE
IN
4
MINUTES
OR LESS



1 Quick Recipe: Smoky Red Peppers and Creamy Chickpeas!

Dinner in a Bowl:

Italian Roasted Red Pepper and Chickpea Stew

1 TB Vegetable or Canola Oil
1 Large Onion, Chopped
2 Roasted Red Peppers
1/4 Cup Tomato Paste
5 Cups Vegetable or Chicken Broth
1 Cup Lentils, Rinsed Well
1 Bay Leaf
1/2 Tsp each Dried Basil and Thyme
1/4 Tsp Red Pepper Flakes
1/2 Tsp Kosher Salt
1/4 Tsp Ground Black Pepper
1 Can *Chickpeas, Rinsed Well
Chopped Basil for Garnish
Shredded Parmesan for Garnish

Step One

Heat the oil in a stockpot over me-

dium high heat. Add the onions, cook until soft and golden brown about 7-8 minutes. Add the peppers and cook for 2-3 minutes.

Step Two Stir in the tomato paste. Add the broth, lentils, bay leaf, basil, thyme, red pepper flakes and salt and pepper. Reduce the heat and simmer for about 20 minutes. Add the chickpeas and simmer for an additional 5-10 minutes. Discard the bay leaf.

Step Two In a food processor or blender puree 1/3 of the stew until smooth. (*Careful with the hot liquid!) Stir the puree back into the pot. Season to taste with salt and pepper. Serve garnished with the basil and parmesan.

2 Kitchen Smidgen

*When pureeing hot liquids in a food processor or blender make sure you fill the bowl only half way full. The hot liquids expand and can splash out, causing nasty burns. A great tool to use for pureeing right in the pan, is an immersion (stick) blender. They are widely available at home stores. Once you own one, you will find lots of ways to use it.

3 Get Creative

*Chickpeas are one of the earliest cultivated crops and are used in many different cuisines. In some cultures they are called "Garbanzo Beans". Try substituting Chickpeas for any recipe calling for Lima Beans or Red Beans. They add a tasty twist to salads or chili, too!

4 WINE of the Week

Di Majo Norante Sangiovese
Molise Region, Italy

Cost Plus about \$10.00

Sangiovese that tastes like Di Majo is what makes this grape varietal so popular. Very ripe and dark-fruity-tasting, it has a delicious aroma of plums and berries. Di Majo is widely available and a great example of a grocery store wine that is easy drinking and affordable with almost any Italian pasta dish.