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Recipes from The Incredible Veggie Roadshow

Cookery Demonstrations

TOFU-TASTIC

Pad Thai (serves 2-4)

Preparation/cooking time 20-30 mins

- ❖ 114g/4oz wholemeal or rice noodles (soba (buckwheat) noodles also good)
 - ❖ 1 block plain tofu (approx 200-225g/8oz)
 - ❖ 4 tbsp natural peanut butter
A little agave or date syrup to taste OR 1 tsp brown sugar
 - ❖ 3 tbsp lime juice – more to taste
 - ❖ 2 good pinches of chilli pepper flakes
 - ❖ 3 tbsp soya sauce
 - ❖ 1 small onion, sliced thinly
 - ❖ 2 cloves garlic, crushed
 - ❖ 1 pepper, chopped in medium pieces (red or yellow nice)
 - ❖ Packet bean sprouts
 - ❖ 2 tbsp oil
 - ❖ Approx 200ml water
 - ❖ 2cm/1 inch piece of ginger, grated
 - ❖ 1 cup of chopped roasted peanuts for garnish
1. Put hot water on for noodles. Cook according to packet instructions, drain and set aside.
 2. Meanwhile, squeeze tofu completely dry. Cut tofu in triangles or cubes. Fry in a little oil until golden brown and set aside.
 3. Mix peanut butter, sugar, soy sauce, lime juice, and red pepper flakes in a small bowl. Add water to expand the paste to make a sauce. Set aside.
 4. In wok, stir fry onion, garlic and red pepper until cooked.
 5. Add remaining oil and ginger. Stir fry two minutes.
 6. Add peanut mixture, bean sprouts, and noodles. Stir fry until all is hot.
 7. Serve immediately with peanuts and spare chilli flakes on the side for people to add their

Scrambled Tofu (serves 2)

From the *Heretic's Guide to Vegan Cookery*

Andy Murray, available from the Viva! shop

Preparation/cooking time 10 mins

- ❖ 1 tbsp sunflower oil
 - ❖ ½ onion
 - ❖ 1 garlic clove
 - ❖ 1 tbsp white flour
 - ❖ ½ cup soya milk
 - ❖ 1 block tofu (200g or 250g) crumbled
 - ❖ 3 medium vine tomatoes, finely chopped
 - ❖ 1 tsp wholegrain mustard
 - ❖ ½ tsp dried mixed herbs
 - ❖ 10 basil leaves, torn
 - ❖ Salt and freshly ground black pepper
1. In a small thick-bottomed pan, add the oil and fry the onion and garlic on a low heat until browning
 2. Stir in the flour and allow to cook on for a few seconds before adding the soya milk, a little at a time
 3. Add the tofu, tomatoes, mustard and dried herbs and stir, still on a low heat, for 3 mins
 4. Put slices of bread in the toaster to toast while you add the basil leaves and season to taste
 5. Serve on toast

own to taste.

VERSATILE VEGAN QUICHE WITH HEALTHY CRUST

Versatile Veggie Quiche with Healthy Crust (serves 4)

Preparation/cooking time 75 mins

This recipe is tasty, as well as being very adaptable and economical - and the reduced-fat pastry is a health bonus too. We have included some filling suggestions, but get creative with fridge leftovers! It's good served with tomato or mixed salad or new potatoes.

Reduced-fat Pastry Crust

* The crust will fill a 23-28cm/9-11 inch pie dish

* This simple pastry crust needs no rolling. We have included a gluten-free alternative also.

- ❖ 30g/1oz vegan margarine
- ❖ 2-3 cooked potatoes, mashed (about 250g/9oz)
- ❖ 100g/3½ oz fine wholemeal flour, sieved
OR for a gluten-free alternative: split the 100g flour into about 70g buckwheat flour and 30g gram flour*
- ❖ ½ tsp baking powder
- ❖ ½ tsp salt
- ❖ Oil spray

Filling:

- ❖ 2 tsp olive oil
- ❖ 1 onion, roughly chopped
- ❖ 2 cloves of garlic
- ❖ 330g pack of firm silken tofu
- ❖ ½ tsp turmeric
- ❖ 2-3 tbsp soya milk
- ❖ 1 tbsp Dijon mustard
- ❖ Large pinch of mixed dried herbs (choice depends on the dominant taste in your filling, eg if making a mushroom quiche, try tarragon. Or try sage/thyme with an onion tart)
- ❖ Salt and black pepper

One of these combinations

* Mushroom: 150g/5oz mushrooms, sliced

* Sweetcorn: 100g/3 1/2oz, drained

* Red onion: 3 medium red onions, thinly sliced and sautéed plus 1 tsp dried thyme (omit onion from the filling mix above)
White onion: add 2 onions to the filling mix above

Roasted red pepper and courgette: 1 small red pepper, sliced into thin rings – de-seeded and pith removed

Optional extras – one of any of these:

* 1 tomato, chopped

* Smoked tofu, sliced thinly

* Sliced, cooked vegan sausages

1. Pastry: mash the margarine together with the potatoes until smooth – this is easier if the potatoes are warm, so you might want to quickly heat up leftover spuds in a microwave or steamer. (Do not use an electric blender/food processor to mash them or the potato will turn gluey!)

2. Mix the dry ingredients together and combine them with the potato mash.

3. Spray the quiche dish with a couple of squirts of oil spray. Spread it round with clean hands or a pastry brush.

4. Press the crust on the bottom and edges of a large pie dish (diameter about 25-28 cm/10-11 inch).

5. Refrigerate while you prepare the filling.

6. Preheat oven to 190°C/375°F/Gas Mark 5.

7. Make the pastry as above if not already done.

8. Filling: sauté the onion and garlic in the 2 tsp oil until softened – about 3-5 mins.

9. Blend this mixture with the tofu, turmeric, soya milk, Dijon mustard, herbs, salt and pepper until fairly smooth.

10. Stir in your chosen ingredients (see above for suggested combinations)

11. Pour the filling mixture into the pastry case and bake in the oven for 30-45 mins or until firm in the middle. Check after 35 mins, as the time will vary depending on your oven.

* Gram flour is also known as chickpea or besan flour, available in large supermarkets, health stores and ethnic groceries.

VIVA!'S SPECIAL VEGGIE ROAST – featuring Rose Elliot's homemade gravy

Golden crispy filo sacks filled with pesto, spinach and tofu (serves 4)

Preparation/cooking time 40 mins

- ❖ 4 tbsp Olive oil
- ❖ 1kg spinach, chopped, stalks discarded
- ❖ 1 chopped red pepper
- ❖ 4 tbsp grated vegan 'mozzarella'
- ❖ 2 tbsp lightly toasted pinenuts
- ❖ 100g finely crumbled tofu
- ❖ ½ tsp nutmeg
- ❖ Salt, and freshly ground pepper
- ❖ 2 tbsp vegan pesto chopped
- ❖ 350g Filo pastry, thawed if frozen
- ❖ 50g vegan margarine, melted

1. Preheat the oven to 200°C/gas 6.
2. Heat the olive oil in a heavy-based saucepan. Add in the red pepper and fry gently until softened but not browned, around 3 mins.
3. Add in the spinach and fry, stirring, until the spinach begins to wilt.
4. Cover and cook over a low heat for 5 mins, stirring now and then.
5. Set the spinach aside to cool slightly, then season with salt and freshly ground pepper.
6. Mix the pesto, nutmeg and tofu in a bowl.
7. Cut the filo pastry sheets into 32 pieces, each 15cm square.
8. Brush four of the filo squares with a little melted vegan marg. Stack the filo squares on top of each other, forming a star shape.
9. Repeat the process, making 8 filo star shapes in all.
10. Take a generous tablespoon of the spinach and pepper mixture and place it in the centre of the filo star top off with a tablespoon of the pesto and tofu mix. Fold the filo around the spinach mixture, forming a cracker-like top to the filo parcel.
11. Repeat the process, filling the remaining filo stacks.
12. Place the filo parcels on a greased baking sheet and brush with melted marg.
13. Bake for 20 mins or until golden brown. About 5 mins from the end, sprinkle vegan mozzarella on the top of the parcels.
14. Serve with the vegetable dishes and gravy below.

Carrot & Butternut Squash Mash

- ❖ 600g/1lb 4oz carrots
- ❖ ½ medium butternut squash

1. Peel the carrots and chop them into small pieces.
2. With care, cut the squash in half, then scrape out the seeds using a knife.
3. Take one half and peel off the skin with a potato peeler, then chop into small chunks.
4. Place carrot and squash into a saucepan and cover with water.
5. Bring to boil, then turn down and simmer

7. saucepan.
8. Mash using a potatoes masher, adding a dash of soya milk to make slightly creamy, if desired. Mash until mixture reaches desired consistency. Add salt and pepper to taste.

on a medium heat for around 20 mins, or until both have become very soft, when tested with a folk.

6. Using a colander, drain, then put back into

Smashed Seasonal Potatoes

- ❖ Seasonal potatoes
- ❖ Pinch of salt
- ❖ 5tbsp olive oil
- ❖ 1 jar pimento stuffed olives (drained and rinsed)
- ❖ 2 tbsp capers (drained and rinsed)
- ❖ 8 sun dried tomatoes
- ❖ Zest of 1 lemon
- ❖ Pre-heat oven to 180C

1. Either wash or peel your potatoes and cut in half or quarter.

Place into a large saucepan and cover with cold water and salt, bring to boil, then turn down and simmer on a medium

Steamed Edamame Beans

1. Open a packet of frozen soya beans (BirdsEye for example, a 480g bag will serve 4 people).
2. Place them in an electric or metal hob-based steamer for 10 mins.
3. Drain and serve with vegan margarine and cracked black pepper

2. heat for approximately ten mins.
3. After five mins, pour oil into a large shallow oven dish, and place in oven for five mins, to heat it through.
4. Drain potatoes, remove dish from oven using oven gloves, then tip potatoes carefully in, shaking around so that all are coated with some oil.
5. Place the potatoes into the oven for 30 mins.
6. Meanwhile, chop the olives and sun dried tomatoes together on a chopping board, then transfer them into a mixing bowl. Add the capers and lemon zest, and mix.
7. Remove the potatoes from the oven. They should be starting to go crispy. Smash the tops lightly with a folk, then spoon on all the prepared mixture.
8. Return to the oven for another 15-20 mins, until golden and crispy.

Rose Elliot's Gravy

Another sure-fire recipe from Rose Elliot – one of those invaluable 'staples' that works whatever the meal.

Preparation/cooking time 30 mins

- ❖ 1 onion, diced
- ❖ 2 tbsp oil
- ❖ 2 tbsp plain flour
- ❖ Clove of garlic (crushed)
- ❖ 450ml/15 fl oz vegetable stock
- ❖ 1 tsp yeast extract
- ❖ 1 or 2 tbsp soya sauce
- ❖ Freshly ground black pepper

1. Fry the onion in the oil for 5 mins.
2. Add the flour and cook for a further 5 to 10 mins until the flour and onion are nut-brown and the onion is soft and slightly pulpy.
3. Add the garlic then gradually stir in the vegetable stock (or the water from any vegetables you happen to be boiling at the same time).
4. Bring to the boil and simmer for 10 mins.
5. Add the yeast extract, soya sauce and black pepper.
6. Stir well. Strain if you like, or serve as it is.

From Rose Elliot's *Vegetarian Cookery*

FAUX FABULOUS

Creamy Mock Chicken, Avocado & Tomato Wraps

Serves 4

Preparation/cooking time 5 mins

- ❖ 1 pack Cauldron marinated tofu pieces OR 100g/generous 3oz of drained and thinly-sliced seitan/vegetarian 'chicken'
 - ❖ 1 avocado, sliced/cubed
 - ❖ 2 tomatoes, cubed
 - ❖ 4 tortilla wraps (preferably wholemeal)
 - ❖ 1 tbsp Plamil vegan mayonnaise and 1 tbsp dairy-free yoghurt (eg Yofu or Sojasun), mixed together in a small bowl
 - ❖ Black pepper
1. In a bowl, mix tofu or 'chicken' with avocado and tomatoes and the mayonnaise/yoghurt mixture so everything is well-coated.
 2. Season well with black pepper.
 3. Spread the 4 wraps out, put one quarter of the filling inside each one and fold it over.
 4. If transporting, wrap in foil or place in a sealed plastic box.

Garlic and Cucumber Dip

Blend together the following ingredients:

- ❖ 1 small cucumber, peeled and seeded
- ❖ 1 tbsp minced fresh dill, or 1 tsp dried
- ❖ 1 clove garlic

Then blend until smooth and creamy:

225g/8 oz crumbed tofu

1 tbsp olive oil

1 tbsp white wine vinegar

1 tsp sweetener of your choice eg brown sugar or agave syrup

Stir the tofu mixture into the cucumber. Chill thoroughly before serving.

Marinated 'Beef' Skewers with Garlic and Cucumber Dip

Serves 6

Preparation time over 2 hours

Cooking time 10 to 30 mins

- ❖ 760g/26 oz Fry's Beef Style Chunky Strips (2 packets)
- ❖ 18 button onions, peeled
- ❖ 24 button mushroom, wiped
- ❖ olive oil for brushing
- ❖ salt and freshly ground black pepper

Marinade:

- ❖ 5tbsp red wine
- ❖ 3 tbsp olive oil
- ❖ 1 tbsp tomato purée
- ❖ 2 shallots, finely chopped
- ❖ 2 garlic cloves, crushed
- ❖ 2 tbsp chopped fresh parsley
- ❖ 12 small fresh bay leaves
- ❖ Using 12 x 25cm/10in flat metal skewers

Method

1. Mix together the ingredients for the marinade and pour it into a non-metallic dish. Stir in the beef style pieces, cover and leave to marinate at room temperature for 2 hours or in the fridge overnight.
2. The next day drop the button onions into a pan of boiling water and cook for 2-3 mins until just tender. Drain and refresh in cold water.
4. Thread the cubes of the beef style strips, the onions, mushrooms and bay leaves from the marinade alternately on to the skewers. Brush the mushrooms and the onions with a little extra olive oil and then season the kebabs well with salt and pepper.
5. Grill the kebabs under a hot grill for 6 mins, turning and basting with the leftover marinade now and then. Serve with the dip opposite.

Moroccan Style Patties

Serves 6

Preparation/cooking time 40-50 mins, including baking time

- ❖ 1 pack filo pastry (300g)
- ❖ 2 tbsp oil, olive if possible
- ❖ 1 onion
- ❖ 1 clove garlic
- ❖ Half a red chilli, de-seeded and chopped fine
- ❖ 1 red or yellow pepper, finely chopped
 - ❖ 1 small carrot, finely chopped
- ❖ 1 tsp dried thyme
- ❖ 1 tsp cinnamon
- ❖ ¼ tsp allspice
- ❖ 1 tbsp raisins
- ❖ Half a tin chopped tomatoes (about 200g)
- ❖ 40g savoury TVP, soaked in a little strong, hot stock OR 100g frozen veggiemince, straight from packet (eg RealEat or Asda's own brand, from freezer section in large supermarkets)
- ❖ Oil for filo layers.
- ❖ Soya milk to glaze
- ❖ Salt & pepper
- ❖ 1 tbsp soya sauce (good quality, eg Kikoman, Sanchi or Clearspring brands, sold in large supermarkets)

1. Let filo pastry defrost in its bag.
2. Make mixture by heating up oil in a medium saucepan.
3. Saute onion and garlic for 3-4 mins. Add chilli, pepper and carrot.
4. Cook for another 3-4 mins.
5. Stir in thyme, cinnamon and allspice and cook in for about 1 minute, stirring to prevent sticking.
6. Add raisins, tinned tomato and TVP or frozen veggiemince.
7. Let this cook on a low heat for about 20-30 mins. Note, it tastes even better if made the day before.
8. Pre-heat oven to 180°/Gas Mark 4. Lightly oil a baking sheet or two.
9. Open the packet of filo pastry and unroll it carefully.
10. Using a pair of kitchen scissors, cut the sheets into 2 or 4 pieces.
11. Use a damp tea towel to cover the sheets that you aren't using.
12. You will need about 3-4 pieces of filo pastry – oil each piece and overlap them.
13. Put a little of the mince filling in the middle and make a roll – don't over-fill or else they burst.
14. Brush with a little soya milk and transfer to the oiled baking sheet.
15. Bake in the oven for about 25 mins, until golden brown.
16. Good with a minted yoghurt dressing (you can get plain soya yoghurt in large supermarkets if you want to avoid dairy). Just mix a bit of fresh chopped mint in with half a tub of yoghurt.

SWEET TOOTH TREATS

Magic Muffins

Makes 12 (need large cases)

Preparation/cooking time 30 mins

- ❖ 330g/12oz self raising flour – half each of white and wholemeal SR works well
- ❖ 225g/8 oz caster sugar
- ❖ 1½ tsp bicarbonate of soda
- ❖ 4 tsp soya flour OR egg replacer, eg Ogran
- ❖ 290ml/10½ fl oz soya milk
- ❖ 110ml/4 fl oz sunflower oil
- ❖ ½ -1 tsp vanilla essence
- ❖ Plus whatever flavourings you like (eg blueberries, raspberries, vegan chocolate chips, lemon and poppyseed etc)

NB. If you want to make smaller cakes, ordinary muffin cases/tins will make approximately 16 cakes – bake for 18-20 minutes.

1. Pre-heat oven to 200°C/400°/Gas Mark 6.
2. Sift together dry ingredients: flour, sugar, baking powder and egg replacer. Mix well.
3. Add the soya milk, vanilla essence and oil.

4. Mix together until just mixed (try not to over-mix the batter).
5. If using any other ingredients, stir them in now (eg raisins, chocolate chips etc).
6. Bake in cases or non-stick muffin tins for about 20-25 minutes, or until a skewer inserted into the middle comes out clean.

Chocolate Berry Cake

Serves 8-10

Preparation/cooking time 60 mins

One of the best chocolate cakes ever! You can omit the berries (and the nuts) if not available – the cake is still very good without them.

55g/2oz hazelnuts or flaked almonds
250g/9oz self-raising flour
85g/3oz cocoa powder
3 tsp baking powder
250g/9oz caster sugar
1½ tsp vanilla extract
120ml/4fl oz plain oil (not olive)
360ml/12fl oz soya milk
125g/4½ oz frozen berries (don't use fresh – they are too soft to bake) – eg raspberries, blueberries, mixed berries...

1. Grease a 20cm/8 inch loose bottomed cake tin and line the base with greaseproof paper.
2. Preheat the oven to 180°C/350°F/Gas Mark 4 (NB. Reduce this a little if using a fan-assisted oven).
3. In a non-stick frying pan, gently roast the nuts until golden brown.
4. Cool, then – if using whole hazelnuts - chop into small chunks.
5. Sift flour, cocoa powder and baking powder into a bowl.
6. Mix in sugar, vanilla extract, oil and soya milk.
7. Beat mixture until it becomes a thick batter.
8. Stir in nuts and berries.
9. Pour into cake tin and bake for 35-40 minutes, until the cake is cooked. The inside should be slightly gooey.
10. Allow to cool then transfer to a wire rack – or serve it warm.
11. Good with dairy-free cream or vanilla soya dessert.

Strawberry Tarts

Makes 6 x 10cm/4inch loose-bottomed tartlet tins or 1 x 8-9 inch tin. If possible, use loose-bottomed tins as the pastry comes out much easier and is less likely to break.
35-40 minutes

These are really easy to make and are an absolute winner.

Crème Patissiere

This is the confectioner's custard used to fill the pastry cases.

- ❖ 60g/2oz caster sugar
- ❖ 2 tbsp plain flour
- ❖ 4 tbsp cornflour
- ❖ 60ml/2fl oz water
- ❖ 315ml/11fl oz soya milk
- ❖ 2 tsp vanilla extract

Sweet Pastry

110g/4oz vegan margarine, eg Vitalite, Pure, Suma, Biona
50g/1¾ oz caster sugar
125g/4½ oz plain flour
1 large punnet of strawberries

1. Make the Crème Patissiere: mix the flour and cornflour together, beating vigorously with a hand or electric whisk until creamy.
 2. Gently heat sugar and soya milk in a medium saucepan. Add cornflour mixture and bring to boil, whisking thoroughly.
 3. Cook sauce for 1 minute, stirring continuously and then add vanilla essence. Remove from heat, place in a bowl and set aside in freezer or fridge.
 4. Pre-heat the oven to 180°C/350°F/Gas Mark 4. (Reduce the temperature about 5-10 degrees if using a fan-assisted oven).
 5. Make the pastry. Cream the sugar and margarine together until smooth. Add flour and mix in thoroughly.
 6. Divide the pastry into 6 pieces – or one, if you are making a big tart.
 7. Use low-cal oil spray or a light coating of plain oil to grease the tins.
 8. Place one piece of the pastry into each tin and press in so that the bottom and sides are completely and evenly covered.
 9. Put the tartlet tins in the oven and bake for 15-20 minutes, or until a light golden brown.
 10. Remove the pastry cases and allow to cool for a minute or two. Carefully remove them from the tins and place on a rack.
 11. Just before you are ready to serve, hull the strawberries (remove the stalks) and slice them thinly. Set aside.
 12. Spoon the vanilla crème carefully into the tartlet cases, making sure they are evenly filled.
 13. Arrange the sliced strawberries neatly on top. Serve.
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Hot food tastings

Olive, 'chorizo' and tomato pasta

Serves 2

Preparation/cooking time 30 mins

- ❖ 1 tbsp olive oil
- ❖ ¼ red onion, chopped
- ❖ 2 garlic cloves, chopped
- ❖ ½ tsp dried chilli flakes
- ❖ 100g Redwood Cheatin' Chorizo Style Chunks
- ❖ 55g/2oz tomato puree
- ❖ 55g/2oz sun-blushed tomatoes, chopped
- ❖ 75g/2.5oz green olives, chopped
- ❖ 200ml/8fl oz red wine
- ❖ 250g/9oz fusilli pasta, cooked according to packet instructions
- ❖ sea salt and freshly ground black pepper
- ❖ fresh basil, to garnish

1. Heat oil in a frying pan over a medium to high heat. Add the onion, garlic and chilli and cook for two mins.
2. Add the chorizo pieces and cook for a further five mins, or until golden brown all over.
3. Add the remaining ingredients to the pan, apart from the pasta. Bring to the boil, then reduce the heat and simmer for 15 mins. Season, to taste, with salt and freshly ground black pepper.
4. To serve, stir the pasta into the chorizo mixture, then pour onto a serving plate and garnish with fresh basil.

Moroccan chickpea stew

Serves 6

Preparation/cooking time approx 1 hour

- ❖ 2 tbs extra-virgin olive oil, plus more for garnish
- ❖ 1 large onion, medium diced
- ❖ 6 cloves garlic, pressed
- ❖ 2 tsp ground cinnamon

Spicy 'chicken' style curry

Adapted from '*Another Dinner is Possible*' by Mike and Isy

Serves 2

Preparation/cooking time 20mins

- ❖ ½ tin chick peas, drained
- ❖ 2 large cloves of garlic
- ❖ ½ onion
- ❖ 1cm ginger
- ❖ ½ green chilli
- ❖ 1 tbsp olive oil
- ❖ ½ tsp cumin seeds
- ❖ 1 tsp ground cumin
- ❖ 1 tsp ground coriander
- ❖ ½ tsp turmeric
- ❖ ½ 1 tsp paprika
- ❖ 2 tbsp toasted and ground cashew nuts or ground almonds
- ❖ 400g / 14oz chopped tomatoes
- ❖ 150g/ 5oz Redwoods Chicken Style Pieces
- ❖ Salt and pepper
- ❖ Juice of 1 lime (optional)
- ❖ Garnish: chopped fresh coriander, toasted nuts

1. De-seed chillies and peel the garlic, ginger and onion and roughly chop all of these.
2. Set 2 tsp of garlic aside and then blend the rest with the ginger, onion, one of the chillies and up to 5 tbsp of water until you get a paste.
3. Heat the oil in a heavy bottomed pan and then fry the cumin seeds for 30 seconds in it.
4. Add the ground cumin and coriander, turmeric, paprika and stir through.
5. Add the ground nuts and the paste and cook until the water starts evaporating.
6. Add the tomatoes and stir fry for a little while.
7. Boil the curry to reduce the liquid if you wish.
8. Add the lime juice, the rest of the garlic, the second chilli and more salt and cumin or coriander to taste.
9. Add in the chicken style pieces and cook them in the sauce until they are thoroughly heated through. Cook for slightly longer if uncooked frozen vegan 'chicken' pieces, defrost these thoroughly first.
10. Add a splash of soya milk while cooking if desired, to make sauce slightly creamy
11. Serve with rice or Indian bread.

1. Heat olive oil in a large pot over medium-high heat.
2. Add the onion and sauté until they begin to turn translucent.
3. Add the garlic to the onions. Lower the heat if browning starts to occur.
4. Add the cinnamon, cumin, cayenne and paprika and sauté a minute or so.
5. Add tomatoes, chickpeas, stock and sugar.
6. Season with a couple pinches of salt and 10 grinds of fresh pepper.
7. Stir well. The chickpeas should be slightly covered with liquid. If

- ❖ 2 tsp ground cumin
- ❖ ¼ tsp cayenne pepper
- ❖ 2 heaping tsp (sweet) paprika
- ❖ 1 (400g) can of chopped tomatoes
- ❖ 3 (400g) cans chickpeas, drained and rinsed well
- ❖ 40 fl oz/ 2 pints vegetable stock
- ❖ 2 tsp sugar
- ❖ Sea salt
- ❖ Freshly ground black pepper
- ❖ 5 oz/140 g package pre-washed baby spinach (or use frozen spinach)
- ❖ 12 sun dried tomatoes, chopped

1. Heat olive oil in a large pot over medium-high heat.
2. Add the onion and sauté until they begin to turn translucent.
3. Add the garlic to the onions. Lower the heat if browning starts to occur.
4. Add the cinnamon, cumin, cayenne and paprika and sauté a minute or so.
5. Add tomatoes, chickpeas, stock and sugar.
6. Season with a couple pinches of salt and 10 grinds of fresh pepper.
7. Stir well. The chickpeas should be slightly covered with liquid. If the level is too low, add some water to bring it just above the chickpeas.
8. Bring the mixture to a simmer, and then lower the heat to low and gently simmer for 45 minutes.
9. Remove the soup from heat. Use a potato masher to mash up some of the chickpeas right in the pot.
10. Stir in the spinach and let it heat through until wilted, just a few minutes. Season again, to taste, with salt and pepper. Serve the soup, and sprinkle the sun dried tomato pieces on the top with a drizzle of their oil if desired.

the level is too low, add some water to bring it just above the chickpeas.

8. Bring the mixture to a simmer, and then lower the heat to low and gently simmer for 45 minutes.

9. Remove the soup from heat. Use a potato masher to mash up some of the chickpeas right in the pot.

10. Stir in the spinach and let it heat through until wilted, just a few minutes. Season again, to taste, with salt and pepper. Serve the soup, and sprinkle the sun dried tomato pieces on the top with a drizzle of their oil if desired.

Notes:

Great served with toasted pita bread.

Frozen spinach works very nicely.

Using water instead of veggie stock is totally acceptable and won't alter the taste.

The spices can be adjusted if the flavor is too strong or too weak.

Heat lovers can add more cayenne if they'd like more punch.

For more delicious veggie recipes visit www.viva.org.uk/recipes