

# PULSE RECIPES

Recipes courtesy of [www.pulsecanada.com](http://www.pulsecanada.com)

## Country Chili



### Ingredients

|                  |                                      |                |
|------------------|--------------------------------------|----------------|
| 1 lb             | lean ground beef                     | 500 g          |
| 2                | garlic cloves, minced                | 2              |
| 2 cups           | onion, chopped                       | 500 mL         |
| 1                | green pepper, chopped                | 1              |
| 2                | celery stalks, chopped               | 2              |
| 1- 7 fl oz can   | tomato sauce                         | 1- 398 mL can  |
| 1- 28 fl oz can  | tomatoes, halved                     | 1- 540 mL can  |
| 4 cups           | red kidney beans, cooked             | 1 L            |
|                  | OR                                   |                |
| 2- 19 fl oz cans | red kidney beans, rinsed and drained | 2- 540 mL cans |
| 1 tbsp           | chili powder                         | 15 mL          |
| 1 tsp            | Worcestershire sauce*                | 5 mL           |
| 1 tbsp           | lemon juice                          | 15 mL          |
| pinch            | salt and pepper                      | pinch          |

\*gluten-free brand required

### Instructions

IN skillet, cook ground beef until browned.

IN a medium soup pot, heat oil and sauté garlic, onion, green peppers and celery about 5 minutes.

ADD ground beef, tomato sauce, tomatoes, chili powder and Worcestershire sauce. Cook 10 minutes on medium heat and add beans.

BRING to a boil and season with salt and pepper. Enjoy.

## Chickpea Hummus



### Ingredients

|                |                                      |              |
|----------------|--------------------------------------|--------------|
| 1 1/2 cup      | cooked chickpeas                     | 375 ml       |
|                | OR                                   |              |
| 1-14 fl oz can | canned chickpeas, rinsed and drained | 1-398 ml can |
| 1/3 cup        | tahini paste (sesame paste)          | 75 ml        |
| 1              | garlic clove, minced                 | 1            |
| 1/4 cup        | fresh lemon juice                    | 50 ml        |
| 3 tbsp         | vegetable oil                        | 45 ml        |
| 1/2 tsp        | ground cumin                         | 2 ml         |
| 1 tsp          | salt                                 | 5 ml         |
| 1/3 cup        | Water                                | 75 ml        |
| 1/2 tsp        | Hot pepper sauce                     | 2 ml         |

### Instructions

PLACE chickpeas in a blender or food processor with tahini, garlic, lemon juice, oil, cumin and salt.

PUREE, adding just enough water to make the mixture creamy and smooth (may need more than 1/3 cup).

ADD hot pepper sauce.



## Yellow Split Pea Soup

### Ingredients

|            |   |        |
|------------|---|--------|
| 1 1/2 cups | dried yellow split peas (prepare as package states) | 375 ml |
| 1 tbsp     | olive oil   | 15 ml  |
| 1 cup      | ham, diced  | 250 ml |
| 1/2 cup    | onions, chopped                                     | 125 ml |
| 1/2 cup    | carrots, chopped                                    | 125 ml |
| 1 cup      | milk  | 250 ml |
| 2 1/2 cups | vegetable broth, reduced sodium                     | 625 ml |
| pinch      | each of pepper, salt and nutmeg                     | pinch  |

### Instructions

IN large stock pot, heat oil.

ADD onions and carrots and sauté vegetables until tender.

ADD ham and sauté until heated through.

PUREE split peas in blender or food processor, adding vegetable broth 1/2 cup at a time as needed to get puréed texture.

ADD puréed peas to the stock pot, along with milk, any remaining vegetable broth, nutmeg, pepper and salt.

CONTINUE to heat until desired temperature is reached.



## Lentil Granola Bars

### Ingredients

|         |                                    |        |
|---------|------------------------------------|--------|
| 2/3 cup | shredded coconut                   | 150 mL |
| 2 cups  | quick-cooking rolled oats          | 500 mL |
| 1 cup   | brown sugar, lightly packed        | 250 mL |
| 1/3 cup | pellet-like bran cereal            | 75 mL  |
| 1/2 tsp | cinnamon                           | 2 mL   |
| 3/4 cup | lentil puree                       | 175 mL |
| 1/2 cup | canola oil                         | 125 mL |
| 1       | egg, beaten                        | 1      |
| 1/2 tsp | vanilla extract                    | 2 mL   |
| 1/4 cup | semi-sweet chocolate chips, melted | 50 mL  |

### Instructions

PREHEAT oven to 350F (180C). Make sure rack is in centre of oven.

IN medium bowl, mix coconut, oats, brown sugar, cereal and cinnamon.

ADD lentil purée, oil, egg, and vanilla. Mix until dry ingredients are just moistened.

SPREAD over a 10 1/2 x 16 (25 x 40 cm) nonstick cookie sheet. Bake 30 minutes, or until lightly browned. While bars are still warm, drizzle chocolate over top and cut into 35 bars.



## Tried and True Minestrone

### Ingredients

|                 |  |              |
|-----------------|--|--------------|
| 2 cups          | tubetti pasta, cooked                  | 500 ml       |
| 2 tbsp          | olive oil                              | 30 ml        |
| 8 cups          | less sodium chicken or veggie broth    | 2 L          |
| 6               | garlic cloves, chopped                 | 6            |
| 1               | large yellow onion, chopped            | 1            |
| 3               | celery stalks, chopped                 | 3            |
| 2               | large carrots, chopped                 | 2            |
| 1 tbsp          | thyme leaves, finely chopped           | 15 ml        |
| 1-19 fl oz can  | diced tomatoes                         | 1-540 ml can |
| 1- 19 fl oz can | chickpeas, rinsed and drained          | 1-540 ml can |
| 1- 19 fl oz can | white kidney beans, rinsed and drained | 1-540 ml can |
| 1-19 fl oz can  | red kidney beans, rinsed and drained   | 1-540 ml can |
| 2               | medium zucchini, chopped               | 2            |
| 1 tbsp          | fresh ground pepper                    | 15 ml        |
| 1 tsp           | salt                                   | 5 ml         |

### Instructions

COOK pasta according to directions on package. Cook until al dente, drain and toss with olive oil. Set aside.

IN a large saucepan on high, heat oil. Add garlic and saute until golden.

LOWER heat to medium adding carrots, celery and onion. Cook until soft, stirring often, about 10 minutes. Add herbs and raise heat to high. Add beans, chickpeas, tomatoes and zucchini.

ADD chicken stock and bring to a boil.

Lower heat and simmer for 15-20 minutes, skimming foam from top.

Season well with pepper and sprinkle with salt to taste.

ADD cooked pasta and enjoy