

Porridge



55 minutes



Intermediate



INGREDIENTS

- Minor's GreenLeaf Basil Pesto Gluten Free 2 1/2 cup
- Minor's Gluten Free Vegetable Base, stock 1 gal
- Whole Grain Mix, prepared and chilled 1 1/2 qt
- Red Bell Pepper, 1/4 inch dice 2 1/2 cup
- Onion, yellow, 1/4 inch dice 2 1/2 cup
- Tomato, 1/4 inch dice 2 1/2 cup
- Garlic, minced 5 Tbsp
- Parsley, minced 4 Tbsp
- Scallion, sliced 1/8 inch 1 1/4 cup
- Sweet Potato, 1/2 inch diced 5 cup
- Eggs, soft boiled, 1/2 cut 10 each
- Coriander, whole, toasted 2 Tbsp
- Cumin seeds, whole, toasted 1 Tbsp
- Sesame Seeds, roasted 2 tsp
- Fried Chickpea 2 cup

DIRECTIONS

- In a large non-stick pan over medium-high heat, sauté peppers, onions and garlic. Cook until translucent, about 3 minutes.
- Add grain mix and 1/4 part of vegetable stock and stir frequently.
- Repeat this process until grain is tender and consistency is thick (like oatmeal), then hold warm.
- In a small mixing bowl, combine tomato, sweet potato and parsley.
- For *Chickpea Dukkha*:

Using a food processor, pulse coriander, cumin sesame seeds and chickpeas separately.

- a. In a bowl combine ingredients well.
- Garnish porridge with fresh vegetable mix, scallions, basil pesto and chickpea dukkha.
 - Serve warm.

Serving Suggestions/Variations: Serve with a variety of vegetable, spices, (Example: cilantro, eggplant, etc.)