

Cashew Kale and Chick Peas

Ingredients:

Sauce:

1 cup raw cashews (soaked for 1 hour in hot water or overnight in room temp water.)

1 ½ cups water

2 cloves of garlic minced

1 bouillon cube or 1 tsp broth powder

Blend above ingredients in a blender on high speed until completely smooth. Set aside until needed

Stir Fry:

2 large onions diced

1 red capsicum diced

2 gloves garlic minced

2 cans chick peas (drained and rinsed)

2 large bunches kale, stemmed removed and leaves thinly sliced

2 tsp dry oregano

Salt and pepper to taste

Hot sauce to taste (optional)

2-4 Tbsp fresh basil (optional)

In Large fry pan over high heat sautee onion until it begins to brown (5 min) add capsicum and garlic and cook one more minute. Add spices, Chickpeas, kale and quarter cup water. Cover and reduce heat to medium. Cook until kale is tender (about 5 minutes)

Add the reserved cashew sauce. Cook, stirring until sauce thickens. Add a little water if sauce becomes too thick. Add basil and serve over cooked quinoa.