

CHICKPEA A LA KING

- 1/2 c chopped onions
- 1/2 c freshly sliced or canned mushrooms
- 2Tbs oil
- 2 Tbs water
- 3 c water and/or garbanzo liquid
- 1/2 c cashew pieces
- 4 tsp sesame seeds
- 3 Tbs COUNTRY STYLE SEASONING
- 1/4 tsp salt
- 1/4 tsp garlic powder
- 1 Tbs cornstarch
- 2 c frozen green peas
- 1/2 c chopped pimentos
- 2 c cooked garbanzos

Saute first two ingredients in oil and water until onions are clear. Set aside. Blend next eight ingredients on high 1-2 minutes until creamy.

Pour into saucepan and cook over medium-high stirring constantly until thickened. Place peas in colander and rinse with hot water for 10-15 seconds. Add onions, peas and remaining ingredients to saucepan. Continue to stir while cooking for two more minutes. Serve over brown rice, flat noodles or toast.

Yield: 7 cups

From the kitchen of Melinda Harris