



Hearty Bean Guiso

Cook Time: 20 Minutes

Carrot, garbanzo beans, cauliflower and a touch of pasta simmered in delicious, tomato & Mexican-spiced guiso sauce, YUM!

Ingredients:

Cauliflower, Zucchini or Pasta, Beans, Carrots, Happy Trails' Guiso Sauce

Things You May Need:

- Medium or Large Skillet
- Sharp Knife
- Cutting Board

Ingredients are subject to availability

Hearty Bean Guiso

Ingredients:

cauliflower

2-3 carrots

3 garlic cloves

jalapeño

tomato sauce

cumin

pasta

garbanzo beans

Instructions:

1. Chop the cauliflower and thinly slice the carrots; mince the garlic and jalapeño (devein and deseed for less spice).
2. Heat a skillet over medium heat, and sauté the cauliflower and carrots in a tablespoon of olive oil, for about 5 minutes.
3. To the pan add: tomato sauce, cumin, pasta, jalapeño (left whole) and 1/2 cup water. Bring to a boil, cover, and simmer on medium low for about 10 minutes.
4. Drain and rinse the beans.
5. Gently stir the beans into the skillet and continue to cook until they are heated through, the veg is tender, and the pasta is cooked through. Remove the jalapeño, slice into thin rounds and use as garnish if desired.
6. Divide the bean guiso between bowls, and season with salt and pepper to taste. Enjoy!