

Recipe Corner

Bean Muffins or Loaf

Winning recipe from the Gilbert Plains-Grandview Fair
(Stephanie Lang and Doreen Graham)

1 cup	raisins
1 cup	boiling water
3	eggs
1 cup	canola oil
2 cups	sugar
1 tsp	vanilla
14 oz can	beans in tomato sauce
3 cups	flour
1 tsp	baking soda
1/2 tsp	salt
1 tsp	cinnamon
1 cup	walnuts or pecans

- Stir raisins into boiling water, set aside.
- Beat eggs, oil, sugar, vanilla and beans together until beans are broken.
- In a separate bowl combine dry ingredients. Add to wet mixture along with raisins and water. Mix thoroughly.
- Bake in large muffin cups at 325° F for 30 minutes or in a loaf pan at 350° F for one hour.

Roasted Chickpeas

3000 mL	cans chickpeas	100 oz
	drained and rinsed	
45 mL	ground cumin	3 tbsp
30 mL	ground cayenne	2 tbsp
45 mL	fine sea salt	3 tbsp
150 mL	canola oil	2/3 cup
15 mL	ground coriander	1 tbsp
15 mL	ground cinnamon	1 tbsp

- Toss everything together.
- Oven roast on parchment lined sheet pan for 1 hour at 180° C (350° F) oven stirring occasionally so chickpeas toast evenly.
- Cool on tray, season with additional sea salt if desired.