

K's Kitchen: Dinner without a plan

By Kathryn Reed

Sometimes I look at a full cupboard and refrigerator, and claim there is nothing to eat.

Hunger has a way of changing my mind.

It was time to start throwing things together to see what might meld together that could be considered dinner. The only problem, so to speak, with what I assembled is that it tasted so much better the next day. That's why I would either cook this in a crockpot all day (so ignore the instructions), or just reheat it the next day, or have it simmer for a long time the initial day.

This is one of those recipes like spaghetti – it's just better after all the ingredients have had time to come together. It shouldn't be rushed. Still, it was good the first day.

This would have been perfect with naan bread. I didn't have any. Instead I heated a tortilla on the stove for dipping purposes.

The canned products have a good amount of sodium. Taste the final product before deciding to add any salt.



Garbanzo Beans with Spinach and Tomato

2 T olive oil

5 cloves garlic, minced

1 medium yellow onion, diced

5 C spinach, packed

1 15.5 ounce can garbanzo beans, drained

1 14.5 ounce diced tomatoes

1 tsp (heaping) turmeric

1 tsp curry powder

1 tsp cumin

Coat medium sauce pan with olive oil. Over medium heat cook garlic and onion until translucent. Add spinach, stir until it's wilted.

Add beans and tomato.

Add spices.

Simmer for 20 minutes.