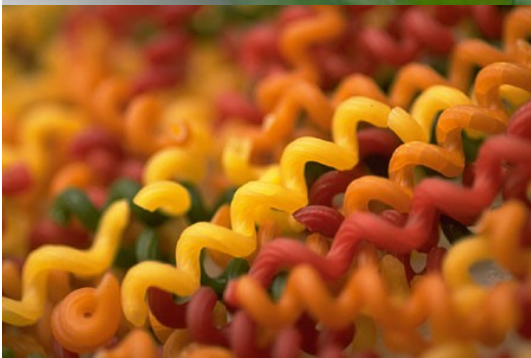


# Vermicelli and Garbanzos

(Makes about 15 servings)



## INGREDIENTS:

- ◆ 500 gm 1 lb Vermicelli (broken in 3 pieces)
- ◆ 5mL 1 tsp. Olive Oil
- ◆ 500 mL 2 cups **EACH** Sliced onions, sliced celery, **and** cubed eggplant
- ◆ 125 mL 1/2 cup **EACH** Chopped red pepper **and** green sweet pepper
- ◆ 30 mL 2 Tbsp. Minced garlic
- ◆ 500 mL 2 cups Diced tofu, frozen and thawed
- ◆ 125 mL 1/2 cup Wheat germ (to replace nutrients missing in white pasta)
- ◆ 60 mL 1/4 cup Bragg all purpose seasoning
- ◆ 30 mL 2 Tbsp. Nutritional yeast
- ◆ 5 mL 1 tsp. salt
- ◆ 500 mL 2 cups Water (less if mixture seems moist enough)
- ◆ 540 mL 19 oz Cooked garbanzos

## Method:

**COOK** vermicelli. **SAUTE** onions, celery, eggplant, peppers, and garlic in the oil and a small amount of water in a covered pot. **ADD** tofu and **STIR**. **ADD** wheat germ, soy sauce, seasoning, and water as needed. **COMBINE** the steamed mixture with the vermicelli. **ADD** garbanzos. It may be eaten without baking or **PLACE** in baking dish. **BAKE** at 350° F. for 45 minutes. (This dish freezes very well.)