



Recipes

Beans

Basic Chickpeas in a Pressure Cooker

Prep Time: 5 minutes

Cooking Time: 60 minutes

Yield: 4 servings

Ingredients:

1 cup chickpeas
2 cups water
5-inch piece kombu
Pinch of sea salt

Directions:

1. Wash beans.
2. Place them in pressure cooker with water and kombu and cover.
3. Bring to pressure.
4. Reduce heat and cook for 1 hour.

Note:

You can make delicious salads by adding chopped vegetables, sea vegetables (hijiki, arame), onions, scallion, fresh rosemary, sage and a little olive oil.