

## **Steamed Cabbage Bean “Pizza”**

Cooking utensils needed:

One deep cooking pot

Large mixing bowl

Cutting board

Large stirring spoon

Toaster oven or regular oven at 350 degrees

### **Ingredients:**

1-small head of cabbage (shredded)

1-medium size onion (diced)

1-Tablespoon of Extra Virgin Olive Oil

8-slices of meatless vegan cold-cuts of your choice

1-16 ounces of garbanzo beans (drain and rinsed)

1-16 ounces of pinto beans (drain and rinsed)

1-teaspoon of minced garlic

½ cup of water

4-slices of whole wheat or pumpernickel bread

4-teaspoons of Hummus of your choice (spread on bread slices)

4-teaspoons of Salsa of your choice (spread on bread slices)

4-teaspoons of guacamole (I purchase prepared)

### **Spices (1/4 teaspoon of each):**

Mrs. Dash (Garlic and Tomato)

Cayenne pepper

Curry powder

Preheat oven or toaster oven at 350 degrees.

Cut cabbage in half, then with flat part of cabbage facing down, cut in shreds by cutting

down on cutting board. Or if you prefer (this method takes skill if you are familiar with using a knife), hold the cabbage over the large mixing bowl in one hand and with the knife in the other hand, cut down and away at cabbage in large shreds. After cutting cabbage, rinse in a salad spinner or use a colander, then set aside. Over medium heat in large deep pot/pan, pour Extra Virgin Olive Oil. Place diced onions into heated large deep pot/pan, and cook for about 3 minutes until onions are glossy. Turn heat on stove to medium to high. Place cut shredded cabbage into large deep pot/pan, minced garlic, ½ cup of water and spices and steam cook for about 5 minutes, stirring occasionally. Lower heat on stove low to medium and pour in garbanzo and pinto beans, and stir to mix well. Simmer for about 10 minutes, turn off stove, done.

On bread slices, first spread Hummus, then spread salsa, and then place two slices each of meatless vegan cold-cut on each slice of bread, then spread guacamole on top of the meatless vegan cold-cut. Place covered bread slices “pizza” into the toaster oven or regular oven for about 5 minutes at 350 degrees. Remove “pizza” slices onto a plate then with large spoon spread steamed cabbage bean mixture from large pot/pan onto top of “pizza” slices and enjoy. I use a fork and knife to cut and eat the steam cabbage bean “pizza”, but if you are sloppy joe expert hands will do nicely in eating this type of “pizza”.