

Spicy Garbanzo Beans and Onions



YOU'LL NEED

- 2 Tablespoons Unsalted Butter
- 1 cup finely chopped onions
- 1 teaspoon coriander
- ½ teaspoon cumin
- ⅛ teaspoon turmeric
- ⅛ teaspoon red pepper
- 1 (15oz.) can Garbanzo beans rinsed and drained
- ½ teaspoon salt
- ½ teaspoon black pepper coarsely ground
- 1 Tablespoon water
- 1-2 teaspoons fresh lemon juice

ALL YOU HAVE TO DO

1. Melt butter in a large frying pan over medium heat. Add onions and slowly cook until light brown (20-25 minutes). Add coriander, cumin, turmeric, and red pepper; stir and continue to cook for a minute or two to incorporate spice flavors. Add drained garbanzo beans, salt, black pepper, and water.
2. Cook stirring constantly until beans are thoroughly coated and heated.
3. This dish actually improves if you make it a day ahead and refrigerate it. This gives the spices time to meld. If you re-heat it, add an additional tablespoon of water. Sprinkle with fresh lemon juice before serving.

