

Middle Eastern Garbanzo Salad

Serves: 6 to 8

Ingredients:

1/4 cup extra-virgin olive oil
1 cup finely chopped yellow onion
2 tablespoons coarsely chopped fresh thyme
1/2 cup coarsely chopped red bell pepper
1/2 cup dark raisins
2 (15 ounce) cans garbanzo beans, rinsed and drained
1/2 teaspoon salt
1/2 teaspoon ground sumac (optional)
1/4 cup tarragon vinegar or other herb vinegar
1/4 cup fresh lemon juice



Directions:

Heat the olive oil in a medium saucepan. Add the onion and thyme. Cook, covered, over low heat for 25 minutes or until the onion is tender and lightly colored. Add the bell pepper. Cook for 5 minutes. Add the raisins and beans. Cook for 5 minutes, stirring occasionally. Do not overcook, or the beans will become mushy. Spoon into a large bowl and sprinkle with salt and sumac. Stir in the vinegar and lemon juice. Let cool to room temperature. Chill, covered, for 24 hours or longer. Bring to room temperature before serving.

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