

THE TUNA GARBANZO EXPERIENCE

OK... So, when I started to get a bit more into food experimentation, I keep my notes written on note pads that charities kept sending me and I put those in a metal bin. Sometimes I stapled some of these pieces of paper together. These days, I keep my notes in those marble composition books that we used to use in school all those years ago. This recipe harks from the metal bin days and was one of those, "I don't really feel like putting much effort into cooking dinner tonight" things. It is probably one of the fastest of my recipes to put together and is actually quite good!

NOTE 1: The dressing is still in flux, but what I have here is my best estimate of what I think will work. As always, if it does not work for you, do what you like!

NOTE 2: "She may not look like much, but she has it where it counts."

INGREDIENTS

THE SALAD [III]

Qty.	Unit	Item
3	5 oz can	Solid White Albacore Tuna
1	15.5 oz can	Garbanzo Beans
1	2.25 oz can	Black Olives
1	4 oz can	Sliced Mushrooms
1	15.25 oz can	Yellow Sweet Corn

THE DRESSING [I]

Qty.	Unit	Item
2	TBSP	Vinegar of Choice
1	TSP	Lemon Juice
2	TSP	French's Yellow Mustard
2	TBSP	Neutral Oil of Choice
2	TBSP	Extra Virgin Olive Oil of Choice

SPECIAL TOOLS

NONE!!!!

PREPARATION

- 1) Drain all of the canned products through stainless steel mesh strainers into quart measuring cups for about 10 minutes [ii]
- 2) Pour the dressing ingredients into a jar (with a lid!) of appropriate size
- 3) Shake the dressing somewhat vigorously then put in the fridge
- 4) Fold all of the canned stuff together in a glass bowl with a wood spoon
- 5) Pull the dressing from the fridge and give it another shake
- 6) Gently fold the dressing into the canned stuff until incorporated
- 7) Plate
- 8) ENJOY !!!

NOTES

- i. When I made this to write this up, I made WAY too much dressing. The pictures show this, but the recipe reflects what I think it should be. Also... the lemon juice is new. CAVEAT EMPTOR!!!!
- ii. You may be able to use the drainings for other things. For example, I think the juice from the canned garbanzo beans is called "Aqua Fava" (or something like that) and can be used as a substitute for stuff in vegan recipes
- iii. The pictures only show two cans of tuna, but I called an audible and decided to go with three.

PICTURES









