

# Falafil (Home)

*Burger Substitute*

8 Servings

Main Dishes, Snacks

Prep 0:30 Cook 0:08 Stand 0:15 Total 0:53

A different Recipe is used for backpacking. I store dry ingredients in a quart jar. When I am ready for a meal I just pour out what I want and add all wet ingredients.

- 1 cup yellow split peas, Raw, dry
- 2 cups garbanzo beans, Raw, dry
- 2 tablespoons sesame seeds, Powdered
- 1 1/2 teaspoons curry powder
- 2 teaspoons cumin
- 2 tablespoons parsley
- 2 teaspoons marjoram, (optional)
- 3 teaspoons coriander, seed (cilantro)
- 1/4 teaspoon sea salt, (or Kelp Pwd)
- 1/2 teaspoon baking soda
- 1 onion, Small, finely chopped
- 2 cloves garlic, chopped fine
- 1 teaspoon Braggs Amino Acids, (optional)
- 3 cups water, Purified (approx)

Blend or grind all dry ingredients together until a fine granular texture. May be stored. Add fresh and liquid ingredients. Add water until a heavy paste consistency. stir well.

Let sit for 15 min.

slice thin (1/2 inch) or make patties

A. fry- in olive oil until light brown, flip or

B. bake- at 375 F for 8-10 Min on non stick or oiled cookie sheet. or

C. Skillet- place on non-stick skillet/griddle or spray with oil if non stick. cook for 8-10 min per side or until slightly brown.

Serve hot with my tomato dip on red lettuce leaf or in pocket bread or sprouted wheat tortilla.

May be taken with you for lunches or snack- on the go

Source: Evan

## Amount Per Serving

Calories 201      Calories from Fat 26

Percent Total Calories From:

Fat 13%      Protein 22%      Carb. 65%

Nutrient	Amount per Serving	% Daily Value
Total Fat	3 g	4%
Saturated Fat	0 g	2%
Cholesterol	0 mg	0%

Sodium	233 mg	10%
Total Carbohydrate	33 g	11%
Dietary Fiber	2 g	10%
Sugars	0 g	
Protein	11 g	

Vitamin A 4%    Vitamin C 11%    Calcium 0%    Iron 20%