

EMERGENCY KIT Pumpkin Chickpea succotash

COOK OFF

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Prep Time:

15 min

Total Time:

30 min

Select a Course:

Main

Select a Meal:

Dinner

Recipe Ingredients

1 can chickpeas

1 C canned pumpkin

½ C canned corn

½ C canned peas

1 T olive oil

1 T honey

½ tsp all spice

¼ tsp cinnamon

¼ tsp dried mustard

¼ tsp coriander

Raisins (optional)

Directions

Add chickpeas, pumpkin, corn, peas, oil, and honey in medium-sized bowl. Stir to mix. Add all spice, cinnamon, mustard and coriander. Blend. Serve at room temperature, or heat in microwave until warm.