

Fast Pace Chick Pea Bake

This dish is incredibly quick to prepare, very tasty and nutritious. It is an ideal dish for dog trainers on the go. An ideal dish for agility competitors as it will turbo charge your runs (watch out for the wind).

2 tins (cans) garbanzo beans (chick peas)

1 tin (can) tomatoes, chopped

1 medium onion, chopped

Chilli powder

Vegetable stock cube

1 tsp. ground coriander

1 heaping tsp. ground cumin

1 c. cilantro (coriander), chopped

1 cloves garlic, chopped

2 small tins (cans) tuna (optional)

Cheddar cheese, sliced – enough to cover the surface of baking dish

Method: Sauté onion and garlic; then add together with the spices, except cilantro. Heat until just boiling; pour mixture in baking dish. Mix in cilantro. If using tuna, add to the top of the mixture. Cover the surface of the mixture with slice cheese. Bake under hot grill until cheese starts to bubble and turn brown. Serve immediately with rice or Bonzo's Potatoes. Serves approximately 6.