Five Major Poisons Inherently Found in Animal Foods

Protein, fat, cholesterol, methionine (a sulfur-containing amino acid), and dietary acids, which are all superabundant in animal foods, are poisoning nearly everyone following the standard Western diet. Most people cannot fathom this, because it takes four or more decades of consumption before disability, disfigurement, and death become common from these endogenous toxins. This long latent period fools the public into thinking there is no harm done by choosing an animal-food-based diet. If the case were one of instantaneous feedback—one plate of fried eggs caused excruciating chest pains, paralysis from a stroke followed a prime rib dinner, or a hard cancerous lump appeared within a week of a grilled cheese sandwich—then eating animal foods would be widely recognized as an exceedingly unwise choice. Similar failures to appreciate slow poisonings from our lifestyle choices are seen with tobacco and alcohol use. If one package of cigarettes were followed by a week on a respirator or a bottle or two of gin caused hepatic (liver) coma then no one would indulge in these instruments of long-drawn-out death either. The difference defining the failure to take long overdue actions is that the dangers from tobacco and alcohol use are universally known and accepted, whereas almost everyone considers red meat, poultry, eggs, and dairy products necessary parts of a healthy diet. **PAGE 2**

A Great Dental Tool—Small Inter-dental Brushes

This cross between a toothpick and a toothbrush is new to me but has been around for several years (and may be an old friend for you). Since Mary and I have started using this tool after every meal we have noticed a remarkable improvement in the health of our gums and an overall clean feeling in our mouths. Even though Mary and I floss and brush our teeth at least twice a day, our big surprise was the small food particles still left between our teeth, which were removed by using these small inter-dental brushes. The real proof of benefits from using this tool daily was the reduction in the size of the "pockets" reported on the very next dental hygiene visit for Mary. Pockets are the space between the tooth and the gum. Enlarging spaces are caused by bacterial growth, resulting in gingivitis and periodontitis. It only makes sense that small particles of food left between the teeth feed the bacteria. Inter-dental brushing effectively removes this food. **PAGE 6**

Sign this Petition: Help Stop Making School Children Sick with Free Milk

Cow's milk is included free with the school lunch program at my grandson Jaysen's public grade school. (He takes a bag lunch.) Parents must pay an extra $.50 daily to have fruit juice as an alternative. His school is made up of mostly Latino children, which means children with lactose (milk sugar) intolerance, resulting in diarrhea, stomach cramps, and gas when they drink milk, free or not. Few of these families know enough about the health hazards, much less can afford, to choose an alternative to the free milk. Read about milk's role in causing obesity, ear infections, GERD, constipation, arthritis, and much more suffering in children. **PAGE 7**

Featured Recipes

Lentil Curry Soup
Hearty Minestrone Soup
Quick Black Beans
Beans and Greens
Spicy Garbanzos **PAGE 7**

Five Major Poisons Inherently Found in Animal Foods

Protein, fat, cholesterol, methionine (a sulfur-containing amino acid), and dietary acids, which are all superabundant in animal foods, are poisoning nearly everyone following the standard Western diet. Most people cannot fathom this, because it takes four or more decades of consumption before disability, disfigurement, and death become common from these endogenous toxins. This long latent period fools the public into thinking there is no harm done by choosing an animal-food-based diet. If the case were one of instantaneous feedback—one plate of fried eggs caused excruciating chest pains, paralysis from a stroke followed a prime rib dinner, or a hard cancerous lump appeared within a week of a grilled cheese sandwich—then eating animal foods would be widely recognized as an exceedingly unwise choice. Similar failures to appreciate slow poisonings from our lifestyle choices are seen with tobacco and alcohol use. If one package of cigarettes were followed by a week on a respirator or a bottle or two of gin caused hepatic (liver) coma then no one would indulge in these instruments of long-drawn-out death either. The difference defining the failure to take long overdue actions is that the dangers from tobacco and alcohol use are universally known and accepted, whereas almost everyone considers red meat, poultry, eggs, and dairy products necessary parts of a healthy diet.

Calcium for Sale—So What!

The Art of Selling Slow Poisons: Distract the Consumer

Sellers of animal foods for human consumption draw in customers with the marketing strategy of "unique positioning"—each industry tries to make its merchandise stand apart from other foods by promoting a nutrient that is especially plentiful in its product. Over time this effective advertising approach has meant that the mention of calcium brings to mind milk and cheese, iron has become synonymous with beef, and eggs are well known as the "best source of high quality protein."

Because these highly sensationalized nutrients are always plentiful in basic plant foods, illnesses from deficiencies of these nutrients are essentially unknown, as long as there is enough food to eat. Thus, there are no real nutritional advantages to choosing red meat, poultry, dairy, and egg products with an especially high density of one particular nutrient. Ironically, milk and cheese are iron deficient, and red meat, poultry, and eggs (unless you eat the shells) contain almost no calcium.

Focusing on the abundance of an individual nutrient accomplishes an even more insidious marketing goal; it diverts the consumer's, and oftentimes the professional dietitian's, attention away from the harmful impact on the human body of consuming all kinds of animal foods. In my 42-years of providing medical care I have never seen a patient sickened by eating potatoes, sweet potatoes, corn, rice, beans, fruits, and/or vegetables (unspoiled and uncontaminated). However, during my everyday practice I have witnessed (just like every other practicing medical doctor has) a wide diversity of diseases, including heart attacks, strokes, type-2 diabetes, arthritis, osteoporosis, and cancer, from eating fresh killed and/or collected, as well as processed and/or preserved, animal-derived foods.

A Simplified View of Animal-food Poisoning

Animal foods—be they from cow, pig, or chicken muscles or the ovum of a bird or the lactation fluids of a mammal—are all so similar in their nutritional makeup and their impact on human

health that they should be considered as the same (see the comparison tables at the end of this article). In order to avoid the confusion created by the marketing strategy of "unique positioning," lets look at different kinds of animal products mixed together to make one food; and compare them to their antithesis, starches.

If I were to blend together red meat, chicken, eggs, and cheese, which most Americans do three or more times a day in their stomachs, the end product would be a highly acidic mixture of mostly protein, fat, and water—each individual food having contributed a similar amount of each component. A blend of various starches—beans, rice, potatoes, and sweet potatoes—would produce an opposite in composition.

A Comparison of a Blend of Animals vs Starches

	Animal Food	Starches	Comparisons
Protein	35	13	3 Times
Fat	61	4	15 Times
Cholesterol	92	0	>100 times
Methionine	254	64	4 Times
Acid (RAL)	8	<1	>10 times

*Figures for protein and fat are in percent of calories. Figures for cholesterol and methionine are in milligrams (mg) per 100 calories. Dietary acid (a calculation called the renal acid load—RAL) is per 100 calories.

Charts at the end of this article are the source for these comparisons.

The Five Overloads from Animal Foods that Poison Us

Protein, fat, cholesterol, sulfur-containing amino acids (methionine, for example), and dietary acids poison us when consumed in amounts that exceed the body's metabolic capabilities to detoxify and eliminate the excesses. Compared to the proper human diet, which is based on starches (see my February 2009 newsletter), animal foods burden us with three times more protein, fifteen times more fat, greater than 100 times more cholesterol, four times more methionine, and at least ten times more dietary acid. Furthermore, the toxic effects of these poisons are interactive. For example, excesses of protein, methionine, and dietary acids work together to destroy the bones. Excesses of dietary fat and cholesterol combine their deleterious effects to damage the arteries (atherosclerosis) and promote cancer. Let me provide some more details on how these five destructive elements from animal foods ruin your health.

Protein Overload

Once your protein needs are met then the excess must be eliminated from your body, primarily by your liver and kidneys. You can notice an overload of protein by the strong smell of urea in your body sweat and urine. The work of eliminating excess protein takes a toll even on healthy people. On average, 25% of kidney function is lost over a lifetime (70 years) from consuming the high animal-protein Western diet.[1,2] For people with already damaged livers and kidneys, consuming excess protein will speed up the processes that lead to complete organ failure.[3-7] Excess protein damages the bones. Doubling the dietary intake of protein increases the loss of calcium into the urine by 50%, fostering the development of osteoporosis and kidney stones.[8]

Lipotoxicity (Fat Overload)

The most recent report (for 2007 to 2008) on the epidemic of obesity in the US finds 33.8% of adults obese with 68.0% of all adults overweight.9 Dietary fats are almost effortlessly stored in your body fat.10 When consumed in excess, dietary fats also result in a surplus of fats stored in your liver, heart, and muscles. From all this over-accumulation, insulin resistance develops, contributing to other health problems, including heart disease, strokes, and type-2 diabetes.[11] The extra pounds you carry around cause damage to the joints of your lower extremities (osteoarthritis). Excess fat in your diet and on your body alters your cellular metabolism, promoting cancers by many already discovered mechanisms.[12]

Cholesterol Overload

Cholesterol is only found in animal products. As an animal, you make all the cholesterol you need. Unfortunately, your capacity to eliminate it is limited to a little more than the amount you make. As a result, the cho-

lesterol added by eating animal foods accumulates in your body parts, including your skin, tendons, and arteries. Cholesterol deposited in your arteries is a major contributor to vascular diseases of your heart and brain.13 Cholesterol also facilitates cancer development.[14]

Sulfur Toxicity

Overconsumption of sulfur-containing amino acids (for example, methionine) will cause you many unwelcome problems.[15] Most noticeably, sulfur stinks, like rotten eggs, causing halitosis, body odor, and noxious flatus. Methionine is metabolized into homocysteine, a risk factor for heart attacks, strokes, peripheral vascular disease, venous thrombosis, dementia, Alzheimer's disease, and depression. Sulfur feeds cancerous tumors and is known to be toxic to the tissues of the intestine. Sulfur-containing amino acids are metabolized into sulfuric acid—one of the most potent acids found in nature.

Acid Overload

After ingestion, your body must neutralize the over-abundance of endogenous dietary acids in the animal foods you eat. Your bones are the primary buffering system of your body.[16-20] They counteract these dietary acids by releasing alkaline materials (carbonate, citrate, and sodium)—thereby the bones dissolve. Acids from animal foods also raise cortisol (steroid) levels in your body.[21] An excess of steroid is another mechanism for further bone loss. The net result from this chronic acid poisoning is kidney stones and osteoporosis.

Detoxifying with a Starch-based Diet

Simply by making the right food choices you will immediately relieve yourself from the burden of five dietary poisons inherently found in animal foods. At the same time you will be reducing your intake of pesticides, antibiotics, and other toxic chemicals found in high concentrations in most animal foods. You will also be adding generous amounts of complex carbohydrates, dietary fibers, alkaline substances, and a healthy balance of vitamins, minerals, and essential phyto-chemicals to your body. And finally, you will be avoiding exposure to animal-borne, infectious microbes (bacteria, viruses, parasites, and prions) that can cause acute and deadly illnesses. Give yourself a break today: choose starches, free of the five endogenous poisons superabundant in animal foods.

Animal Foods Means Calories from Fat and Protein					
	Beef	**Chicken**	**Cheese**	**Egg**	**Blended Together**
Protein	37	46	25	32	35
Fat	57	51	74	61	61
Cholesterol	32	36	26	272	92
Acid (RAL)	6.3	7.0	10	8.2	8
Plant Foods Means Calories from Carbohydrates					
	Beans	**Rice**	**Potato**	**Sweet Potato**	**Blended Together**
Protein	29	9	8	7	13
Fat	4	8	1	1	4
Cholesterol	0	0	0	0	0
Acid (RAL)	1	1	-5	-9	-3

Figures for protein and fat are in percent of calories. Figures for cholesterol and methionine are in milligrams (mg) per 100 calories. Dietary acid (a calculation called the renal acid load—RAL) is per 100 calories.

References:

Calculations based on information found in: Pennington J. Food Values of Portions Commonly Used—17th edition. Lippincott.

1) Brenner BM. Dietary protein intake and the progressive nature of kidney disease: the role of hemodynamically mediated glomerular injury in the pathogenesis of progressive glomerular sclerosis in aging, renal ablation, and intrinsic renal disease. *N Engl J Med.* 1982 Sep 9; 307(11): 652-9.

2) Meyer TW. Dietary protein intake and progressive glomerular sclerosis: the role of capillary hypertension and hyperperfusion in the progression of renal disease. *Ann Intern Med*. 1983 May; 98(5 Pt 2): 832-8.

3) Hansen HP. Effect of dietary protein restriction on prognosis in patients with diabetic nephropathy. *Kidney Int.* 2002 Jul; 62(1): 220-8.

4) Biesenbach G. Effect of mild dietary protein restriction on urinary protein excretion in patients with renal transplant fibrosis. *Wien Med Wochenschr.* 1996; 146(4): 75-8.

5) Pedrini MT. The effect of dietary protein restriction on the progression of diabetic and nondiabetic renal diseases: a meta-analysis. *Ann Intern Med.* 1996 Apr 1;124(7):627-32.

6) Cupisti A. Vegetarian diet alternated with conventional low-protein diet for patients with chronic renal failure. *J Ren Nutr.* 2002 Jan;12(1):32-7.

7) Bianchi GP. Vegetable versus animal protein diet in cirrhotic patients with chronic encephalopathy. A randomized cross-over comparison. *J Intern Med.* 1993 May; 233(5): 385-92.

8) Hegsted M, Schuette SA, Zemel MB, Linkswiler HM. Urinary calcium and calcium balance in young men as affected by level of protein and phosphorus intake. *J Nutr.* 1981 Mar;111(3):553-62.

9) Flegal KM, Carroll MD, Ogden CL, Curtin LR. Prevalence and trends in obesity among US adults, 1999-2008. *JAMA.* 2010 Jan 20;303(3):235-41.

10) Danforth E Jr. Diet and obesity. *Am J Clin Nutr.* 1985 May;41(5 Suppl):1132-45.

11) Schrauwen P. High-fat diet, muscular lipotoxicity and insulin resistance. *Proc Nutr Soc.* 2007 Feb;66(1):33-41.

12) Yecies JL, Manning BD. Chewing the fat on tumor cell metabolism. *Cell.* 2010 Jan 8;140(1):28-30.

13) Subramanian S, Chait A. The effect of dietary cholesterol on macrophage accumulation in adipose tissue: implications for systemic inflammation and atherosclerosis. *Curr Opin Lipidol.* 2009 Feb;20(1):39-44.

14) Morin RJ, Hu B, Peng SK, Sevanian A. Cholesterol oxides and carcinogenesis. *J Clin Lab Anal.* 1991;5(3):219-25.

15) The March 2005 McDougall Newsletter.

16) Remer T. Influence of diet on acid-base balance. *Semin Dial.* 2000 Jul-Aug;13(4):221-6.

17) Frassetto L.Diet, evolution and aging--the pathophysiologic effects of the post-agricultural inversion of the potassium-to-sodium and base-to-chloride ratios in the human diet. *Eur J Nutr.* 2001 Oct;40(5):200-13.

18) Remer T. Potential renal acid load of foods and its influence on urine pH. *J Am Diet Assoc.* 1995 Jul;95(7):791-7.

19) Barzel US. Excess dietary protein can adversely affect bone. *J Nutr.* 1998 Jun;128(6):1051-3.

20) Jajoo R, Song L, Rasmussen H, Harris SS, Dawson-Hughes B. Dietary acid-base balance, bone resorption, and calcium excretion. *J Am Coll Nutr.* 2006 Jun;25(3):224-30.

21)Maurer M. Neutralization of Western diet inhibits bone resorption independently of K intake and reduces cortisol secretion in humans. *Am J Physiol Renal Physiol.* 2003 Jan; 284(1): F32-40.

A Great Dental Tool—Small Inter-dental Brushes

This cross between a toothpick and a toothbrush is new to me but has been around for several years (and may be an old friend for you). Since Mary and I have started using this tool after every meal we have noticed a remarkable improvement in the health of our gums and an overall clean feeling in our mouths. Even though Mary and I floss and brush our teeth at least twice a day, our big surprise was the small food particles still left between our teeth, which were removed by using these small inter-dental brushes. The real proof of benefits from using this tool daily was the reduction in the size of the "pockets" reported on the very next dental hygiene visit for Mary. Pockets are the space between the tooth and the gum. Enlarging spaces are caused by bacterial growth, resulting in gingivitis and periodontitis. It only makes sense that small particles of food left between the teeth feed the bacteria. Inter-dental brushing effectively removes this food.

Teeth can be loosened and lost due to gum disease. Many of my patients have suffered with gum disease serious enough for their dentist to recommend a deep cleaning procedure called scaling and gum surgery. To prevent and even reverse gum disease I recommend thorough cleaning with traditional tooth brushing, inter-dental brushing, flossing, and regular visits to the dental hygienist.

There are many brands of inter-dental brushes. Choose the most for your money. Some are designed to be used once, and then discarded; others have a holder, which is always lost. Some bend with the slightest pressure. The brushes have different shapes – square, round, tapered. Some are too thick to go between the teeth. Personal preference is important. My copy editor's (Betty Bryant's) current favorite is G.U.M soft-picks, which are really inexpensive and have a convenient little carry-case. They can also be used alone, in situations where you cannot brush and floss. For example, out to dinner. You can always excuse yourself to go to the restroom for 5 minutes and a quick cleanup.

A healthy diet is also essential. A sub-analysis of the largest diet and health study in the U.S., Third National Health and Nutrition Examination Survey (The NHANES III study) representing nearly 100 million US adults, found "people with fewer than 28 teeth had significantly lower intakes of carrots, tossed salads, and dietary fiber (only found in plants) than did fully dentate people, and lower serum levels for beta carotene, folate, and vitamin C (all three nutrients come only from plants)."[1] They concluded, "Dental status significantly affects diet and nutrition." Why not the other way around? "Diet and nutrition significantly affect dental status."

Poor dentition has long been known to be associated with heart disease. A study of 83,104 US women investigated dietary intake and the number of natural teeth present, and found edentulous (no teeth) women had dietary intakes associated with an increased risk of cardiovascular diseases (CVD), including a significantly higher intake of saturated fat, trans fat, cholesterol and vitamin B12, and a lower intake of polyunsaturated fat, fiber, carotene, vitamin C, vitamin E, vitamin B6, folate, potassium, vegetables, and fruits, compared with women with 25-32 teeth.2 The authors concluded: "Diet may partially explain associations between oral health and cardiovascular disease." Think about it this way: The McDougall Diet will afford you the best chance to stay alive long enough to enjoy your strong healthy teeth.

Examples of Inter-dental Brushes

Proxabrush by Butler (G.U.M)

Piksters Interdental Brushes

Oral-B Inter-dental Brushes

TePe Interdental Brushes

References:

1) Nowjack-Raymer RE, Sheiham A. Numbers of natural teeth, diet, and nutritional status in US adults. *J Dent Res.* 2007 Dec;86(12):1171-5.

2) Hung HC, Colditz G, Joshipura KJ. The association between tooth loss and the self-reported intake of selected CVD-related nutrients and foods among US women. *Community Dent Oral Epidemiol.* 2005 Jun;33(3):167-73.

Sign this Petition: Help Stop Making School Children Sick with Free Milk

Cow's milk is included free with the school lunch program at my grandson Jaysen's public grade school. (He takes a bag lunch.) Parents must pay an extra $.50 daily to have fruit juice as an alternative. His school is made up of mostly Latino children, which means children with lactose (milk sugar) intolerance, resulting in diarrhea, stomach cramps, and gas when they drink milk, free or not. Few of these families know enough about the health hazards, much less can afford, to choose an alternative to the free milk. Read about milk's role in causing obesity, ear infections, GERD, constipation, arthritis, and much more suffering in children.

Then sign this petition to require dairy alternatives in our school lunch programs.

The National School Lunch Program under The Child Nutrition Act is up for reauthorization this year, 2010. With your help we can reach the goal of collecting 10,000 signatures by tomorrow. Add a personal note to let them know how you really feel.

Thank you,

John McDougall, MD

Here is an alternative effort for the same goal from Farm Sanctuary.

Featured Recipes

Lentil Curry Soup

There are thousands of lentil curry recipes online, all using different ingredients and various techniques. I am always looking for ways to add more greens to my soups and lately green beans and leafy greens are some of my favorites. This delicious soup uses both of them. I found a variation of this recipe online from Madhur Jaffrey and adapted it to leave out the oil and simplify the cooking method. Hope you enjoy it as much as we did.

Preparation Time: 20 minutes
Cooking Time: 45 minutes
Servings: 6

1 ½ cups Umbrian (or green) lentils
6 cups water
1 ½ cups green beans, sliced in 1 inch pieces
1 large carrot, cut in half and sliced
1 tablespoon tomato paste
2 teaspoons ground coriander
1 teaspoon ground cumin
¼ teaspoon turmeric

¼ teaspoon cayenne pepper
1 small onion, chopped
1 teaspoon crushed garlic
1 teaspoon grated fresh ginger
½ teaspoon cumin seeds
2 cups Swiss chard
½ cup chopped cilantro

Place the lentils and water in a soup pot. Bring to a boil, reduce heat, cover and cook for about 15 minutes. Add the green beans, carrots, tomato paste, coriander, cumin, turmeric and cayenne. Simmer over low heat for about 20 minutes.

Place the onion, garlic and ginger in a small non-stick sauté pan. Sauté in a dry pan, stirring frequently for about 2 minutes. Add the cumin seeds and continue to cook and stir for another 2 minutes, or so. Set aside.

Add the chard and cilantro to the soup. Mix in well, then add the onion mixture. Cover and simmer for 10 more minutes, or until all vegetables are tender. Serve in a bowl with either rice or pita bread.

Hearty Minestrone Soup

This is a quicker version of our favorite Minestrone Soup using canned beans instead of the dried kidney beans. All of the delicious flavor is still here though, and it makes a hearty meal for several people with a loaf of fresh bread.

Preparation Time: 20 minutes
Cooking Time: 1 hour
Servings: 6-8

1 onion, chopped
2 stalks celery, sliced
2 carrots, sliced
1 teaspoon crushed garlic
6 cups vegetable broth
½ cup chopped green beans
1 ½ cups chunked potatoes
1 ½ cups shredded cabbage
1 14.5 ounce can chopped tomatoes
1 8 ounce can tomato sauce
1 15 ounce can garbanzo beans, drained and rinsed
1 15 ounce can cannellini beans, drained and rinsed
¼ cup parsley flakes
1 ½ teaspoons dried basil
Several twists of freshly ground pepper
½ cup uncooked whole wheat or brown rice pasta

Place the onion, celery, carrots and garlic in a large pot with ¼ cup of the vegetable broth. Cook, stirring occasionally until vegetables soften slightly, 2 to 3 minutes. Add the remaining broth and all of the ingredients except the pasta. Bring to a boil, reduce heat, cover and cook for 45 minutes. Add the pasta, mix in well and continue to cook for another 15 minutes until pasta is tender.

Quick Black Beans

Serve this over rice, or in a bowl to soak up the flavorful juices. This tastes like it cooked much longer than only 15 minutes.

Preparation Time: 10 minutes
Cooking Time: 15 minutes
Servings: 4-6

1 onion, chopped
1 red bell pepper, chopped
½ teaspoon crushed garlic
2 14.5 ounce cans fire-roasted chopped tomatoes
2 15 ounce cans black beans, drained and rinsed
2 tablespoons chopped green chilies
½ teaspoon ground cumin
½ teaspoon chili powder
1/8 teaspoon chipotle powder
1 tablespoon chopped fresh cilantro (optional)

Place the onion, bell pepper and garlic in a non-stick sauté pan. Cook, stirring frequently, until onion softens slightly and turns a slight golden color. Add the remaining ingredients, except the cilantro, and simmer uncovered for about 15 minutes, stirring occasionally. Stir in the optional cilantro before serving, if desired.

Beans and Greens

This is another flavorful, yet simple dish. It makes a delicious topping for whole grains.

Preparation Time: 10 minutes
Cooking Time: 15 minutes
Servings: 4-6

1 onion, chopped
½ teaspoon crushed garlic
1 cup vegetable broth
½ teaspoon red chili paste (see hint below)
2 15 ounce cans cannellini beans, drained and rinsed
4-6 cups chopped dinosaur kale

Place the onion and garlic in a large pot with about 1/8 cup of the broth. Cook, stirring frequently, until onion softens slightly. Add the remaining broth, the chili paste and the beans, bring to a boil, then add the kale. Cover and simmer for about 15 minutes until kale is tender.

Hints: Dinosaur kale, also called Lacinato Blue, is a bit more tender than regular curly kale. The stems may be left in the kale and will not be tough after cooking. If you can't find it, use regular curly kale instead, but remove the stems before chopping. Red chili paste is found in jars in the Asian section of most supermarkets. It is also called Sambal Oelek. Sriracha hot chili sauce may be substituted, if desired. This may also be made with small white beans, or pintos, if desired.

Spicy Garbanzos

This is a quick variation of my Chana Masala from the May 2009 newsletter. Another 15 minute surprise! Serve over brown rice or other whole grains.

Preparation Time: 10 minutes
Cooking Time: 15 minutes
Servings: 4-6

1 onion, chopped
½ teaspoon crushed garlic
1 teaspoon grated ginger
2 tablespoons vegetable broth
1 teaspoon ground coriander
1 teaspoon ground cumin
½ teaspoon turmeric
¼ teaspoon cayenne pepper
¼ teaspoon cinnamon

1 14.5 ounce can chopped tomatoes
2 15 ounce cans garbanzo beans, drained and rinsed
2 tablespoons chopped fresh cilantro (optional)

Place the onion, garlic, ginger and vegetable broth in a large pot. Cook, stirring frequently until onion softens slightly. Stir in the coriander, cumin, turmeric, cayenne and cinnamon. Continue to cook and stir for 1 minute. Add the tomatoes and garbanzo beans. Mix well. Cook, stirring occasionally for about 15 minutes, until flavors are well blended. Stir in cilantro before serving, if desired.

Hints: Lundberg Family Farms makes a delicious Brown Rice Couscous that cooks in only 15 minutes. Only the Plain Original is oil-free, so read the labels carefully. These spicy garbanzos are wonderful over this unique couscous.