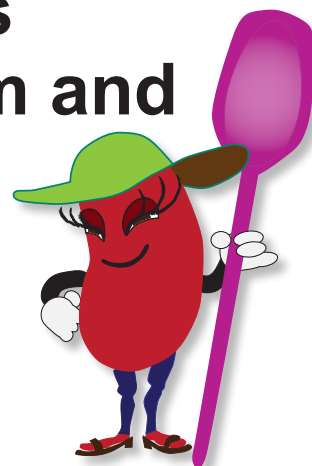


Beans, Rice And Everything Nice



Crust-less Mushroom and Tomato Chickpea Tart



original recipe by
beansriceeverythingnice.weebly.com

Ingredients

makes 4 servings

- 1 cup gluten-free chickpea or garfava flour
(I used Bob's Red Mill)
- 2 Tablespoons nutritional yeast
(I used Bob's Red Mill)
- 1 teaspoon dried basil
or a small handful of fresh basil leaves
- 1 teaspoon dried oregano
- 1 teaspoon dried thyme
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/2 teaspoon salt (optional)
- 1/4 teaspoon turmeric
- 1 teaspoon baking powder
(I used Bob's Red Mill)
- 1 cup plus 2 Tablespoons water
- 8 medium sized mushrooms
(about 1/2 pound)
- 1 roma tomato

1. Preheat the oven to 205C / 400F. Line an 8 or 9 inch pie plate with parchment paper. Set aside. Add the chickpea flour nutritional yeast, seasonings (except the fresh basil) and baking powder to a large mixing bowl. Whisk to combine. Add the water and whisk again, breaking up any lumps. Set aside while you prepare the mushrooms.
2. Slice the mushrooms and add to a hot stainless steel skillet (no need for non-stick) along with a good splash of water. Mushrooms will release a lot of water while cooking, but I find they need a little help to get started. Steam saute for 5 minutes or so, until the mushrooms are cooked. Drain any remaining water.
3. Thinly slice the roma tomato into 8 to 10 slices. If using fresh basil, cut the larger leaves into ribbons and leave a few smaller leaves for decorating the top of the tart. Evenly distribute the cooked mushrooms over the bottom of the parchment-lined pie plate. Top with the basil ribbons.
4. Pour the batter over the mushrooms taking care to evenly spread the batter while not disturbing the mushrooms. Top with the tomato slices and smaller basil leaves.
5. Place in the preheated oven and bake for 35 - 45 minutes. The tart is done when the edges are firm and lightly browned and the centre is springy but firm. Allow to cool for 10 minutes before removing from the parchment paper.