BHEL
Serves 8

Ingredients

1 T garbanzo beans 1 t red chili
1 T black beans ½ t black pepper
¼ c frozen corn 1 t salt
¼ c fresh cilantro chopped 1 medium onion diced
1 medium tomato diced 1 lemon juiced
1 green chili chopped 1 c Murmura (Puffed rice)
1 t dry roasted cumin seeds 10 potato chips, crushed
powder ¾ c dry roasted peanuts

Method

• In a medium sized bowl put drained beans and corn, cilantro, chili, cumin, lemon juice, salt, onions, tomato and salt.
• Mix murmura, peanuts, and crushed potato chips
• Combine the dry and wet ingredients just before serving. Taste for tart, chili and salt and adjust to add more if needed.
• Serve by pressing mix in a small circular bowl and then inverting it on to the serving plate.