



STAPH Meal: Society To Always Procure Healthfully Newsletter

OFFICIAL NEWSLETTER OF DR. MIKE: THE FOOD SHAMAN

IN THIS ISSUE: MOROCCAN CHICK PEA &
CHICKEN SOUP

Give Peas A Chance

*“Ev’rybody’s talking ‘bout
Bagism, Shagism, Dragism,
Madism, Ragism, Tagism
This-ism, that-ism, is-m, is-m, is-m*

*All we are saying is give [peas] a
chance.”*

~John Lennon

Ok, so maybe it wasn't peas John Lennon was singing about. But he should have been. And not just any peas, but chick peas (AKA Garbanzo beans), because they truly are world peas.

Garbanzo beans originated in the Middle East, a nexus of international trade and culture. This is one reason chick peas innately pair so well with bold, exotic and varied spice blends. They all hail from the same 'hood.

In its native region, this humble legume (it really is related to its green cousin that is much more ubiquitous in the US; the sweet pea) is found in a variety of



dishes and applications; where it serves as an important source of protein.

The first image of whirled peas on plate dates back at least seven thousand years. We got serious about cultivating them around approximately 3000 BC. Garbanzo beans were grown by the ancient Egyptians, Greeks and Romans; where they were extremely popular foodstuffs.

Although the Middle East and Mediterranean basin is their area of origin, such ancient popularity has led to

their modern-day worldwide distribution.

While chick peas seem continually relegated to horribly bland hummus in the US; try combining them in new ways and with new flavors. Try them with Dr. Mike's *Ras el Hanout* Spice Blend:

- ¼ cup mild paprika
- 3 Tbs cumin and ginger
- 1 Tbs coriander and turmeric
- 1 ½ tsp. fennel seed
- 1 tsp. allspice, dill, nutmeg, and green cardamom
- ½ tsp. bay leaf, caraway seed, cayenne pepper, clove, mace, and ground black pepper



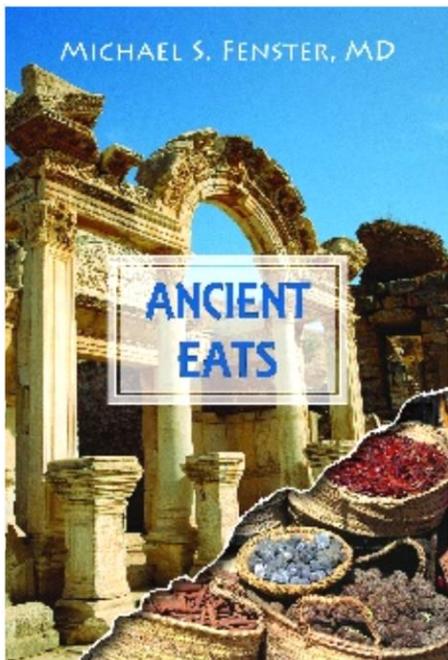
Check out the recipes featured on Culinary CPR with Dr. Mike and Chef Luca Paris on page 2

(Continued on page 2)



Give Peas A Chance (continued from Page 1)

All the spices referred to are of the ground variety. For the best results, grind them fresh before combining. You may also wish to toast cumin, coriander, and cumin seeds prior to grinding for an additional depth of flavor.



Ancient Eats-NOW AVAILABLE!!

You can now order Dr. Mike's latest book, *Ancient Eats Volume I: The Ancient Greeks & The Vikings*, on Amazon.com here: [AE Amazon Link](#)



Chick Peas are more than hummus!

Hummus is the vanilla of chickpea potential. Explore the options!



When listed together in measurements, the measurements refer to individual spice amounts. For example, 3 Tbs cumin and ginger means 3 tablespoons of ground cumin AND 3 tablespoons of ground ginger.

Moroccan Chick Pea & Chicken Soup

Ingredients:

- 1 quart chicken stock
- 1 breast skinless chicken breast, diced
- 1 cup chick peas (cooked)
- 1 sweet potatoes, small diced
- 1 small to medium onion, diced
- ½ bulb fresh fennel, diced
- Luca's Tajine Spice blend (or equivalent), to taste
- ½ bunch fresh cilantro, chopped
- salt & pepper, to taste
- chopped scallions, to garnish

Directions:

- 1) In large sauce pan, sauté chicken with Tajine blend seasoning.

2) When chicken is cooked, remove from pan and set aside.

3) In same sauce pan sauté onions, sweet potato and fennel until translucent.

4) Add chick peas and chicken stock and simmer for around 15 minutes

5) Add cooked chicken and cilantro

6) Simmer until desired thickness is achieved

7) Salt and pepper to taste

HEALTHY BYTES BY THE NUMBERS

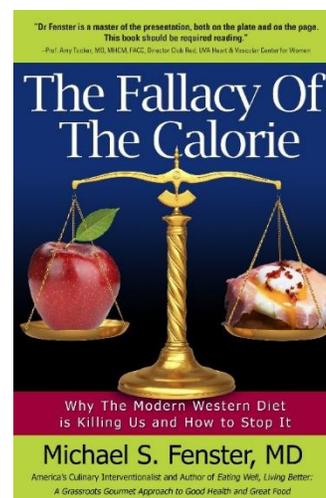
50%

The percent of daily fiber supplied by just 1 cup of Garbanzo beans

29%

The percentage of daily protein supplied by just 1 cup of Garbanzo beans

Learn more about salt, sugar, fats and real versus processed foods in the groundbreaking book, *The Fallacy of The Calorie!*



Pick up your copy of the critically acclaimed book at Amazon.com.