

Roasted Cumin and Chickpea Cassoulet

This simplified version of the classic French cassoulet features pork instead of duck. Roasted cumin adds toasty spice flavors.

Prep Time: 15 minutes

Cook Time: 1 hour

- 6 slices bacon
- 1/4 cup flour
- 1/2 teaspoon **McCormick® Gourmet Collection Sicilian Sea Salt**
- 1/4 teaspoon **McCormick® Coarse Ground Black Pepper**
- 2 pounds boneless pork shoulder, well trimmed, cut into 1-inch chunks
- 1 large onion, chopped
- 2 teaspoons minced garlic
- 2 tablespoons **McCormick® Gourmet Collection Roasted Ground Cumin**
- 1 teaspoon **McCormick® Thyme Leaves**
- 1 tablespoon tomato paste
- 2 cups chicken broth
- 1 can (15 1/2 ounces) chickpeas (garbanzo beans), drained and rinsed
- 2 cups coarse bread crumbs*
- 2 tablespoons butter, melted

1. Cook bacon in large skillet on medium heat until crisp. Drain on paper towels. Crumble bacon into 1/2-inch pieces. Set aside. Mix flour, sea salt and pepper in shallow dish. Coat pork evenly in flour mixture.
2. Stir pork, onion and garlic into drippings in skillet. Cook and stir on medium heat 7 minutes or until pork is browned and onion is softened. Remove pork mixture. Add cumin, thyme and tomato paste to skillet; cook and stir 30 seconds or until fragrant. Stir in broth and chickpeas. Bring to boil. Reduce heat to low; simmer 5 minutes. Stir in pork mixture and bacon. Spoon into shallow 2-quart baking dish. Cover with foil.
3. Bake in preheated 350°F oven 30 minutes. Meanwhile, toss bread crumbs with melted butter in medium bowl. Remove foil from baking dish. Sprinkle top evenly with bread crumb mixture. Bake, uncovered, 5 to 10 minutes longer or until bread crumbs are lightly browned.

Makes 6 servings.

*To make bread crumbs, place 4 slices bread in bowl of food processor; cover. Pulse until bread is just coarse crumbs.

Nutrition Information Per Serving: 438 Calories, Fat 26g, Protein 28g, Carbohydrates 23g, Cholesterol 104mg, Sodium 958mg, Fiber 4g

Shepherd's Pie with Cumin & Smashed Chickpeas

Hearty chickpeas (also called garbanzos) combine with toasty cumin, seasoned beef and lamb for a robust one-dish entree bursting with flavor.

Prep Time: 15 minutes

Cook Time: 45 minutes

- 1 1/2 pounds all-purpose potatoes, peeled and quartered
 - 1 can (15 1/2 ounces) chickpeas (garbanzo beans), drained and rinsed, divided
 - 1/4 cup milk
 - 2 tablespoons butter
- 1 1/2 teaspoons **McCormick® Gourmet Collection Sicilian Sea Salt**, divided
 - 1 pound ground lamb
 - 1/2 pound lean ground beef
 - 1 cup coarsely chopped onion
 - 1 tablespoon **McCormick® Gourmet Collection Roasted Ground Cumin**
 - 1 teaspoon **McCormick® Gourmet Collection Ground Coriander**
 - 1/2 teaspoon **McCormick® Coarse Ground Black Pepper**
 - 1/4 cup whiskey or apple cider
 - 1 cup beef broth
 - 1 tablespoon cornstarch
 - 1 cup each frozen carrots and green beans, unthawed

1. Place potatoes in 2-quart saucepan. Add water to cover. Bring to boil. Reduce heat to low; cover and simmer 10 minutes or until potatoes are tender. Drain and return to saucepan. Add 1/2 of the chickpeas, milk, butter and 1/2 teaspoon of the sea salt; coarsely mash until well blended. Set aside.
2. Brown lamb and beef in large nonstick skillet on medium-high heat. Drain fat. Add onion, cumin, coriander, remaining 1 teaspoon sea salt and pepper; cook 3 to 4 minutes or until onions are tender, stirring occasionally. Stir in whiskey. Stir broth into cornstarch until smooth. Add to skillet; stir constantly until well blended. Stir in vegetables and remaining chickpeas. Spoon into 2-quart baking dish. Spread potato mixture evenly over top.
3. Bake in preheated 400°F oven 15 to 20 minutes or until mixture is bubbly and top is golden brown. If needed, place under preheated broiler to brown potato topping.

Makes 8 servings.

Nutrition Information Per Serving: 316 Calories, Fat 14g, Protein 19g, Carbohydrates 25g, Cholesterol 63mg, Sodium 643mg, Fiber 4g