



# RITUAL PROCEEDINGS

## Rickenbecky's CHICKPEAS, VEGGIES, AND SWEET POTATO MASH!

### INGREDIENTS

- 1 TIN OF CHOPPED TOMATOES
- 1 TIN OF CHICKPEAS
- 1 ONION
- MUSHROOMS
- VEGAN SAUSAGES
- BELL PEPPER
- SPINACH
- GARLIC
- 2+ SWEET POTATOES
- VEGAN BUTTER/  
MARGERINE
- MILK ALTERNATIVE  
(E.G SOY, OAT MILK)
- SEASONING (TO TASTE)
- VEGAN CHEESE OR  
NUTRITIONAL YEAST  
(TO TASTE)

### METHOD

(IMPROVISATION IS ENCOURAGED!):

- BOIL POTATOES
- OVEN COOK OR GRILL SAUSAGES, OR FRY IN LARGE PAN
- WHEN SAUSAGES ARE MOSTLY COOKED, CHOP INTO PIECES. RETURN TO THE PAN AND ADD ONION TO SIMMER A WHILE, THEN MUSHROOMS, THEN BELL PEPPER TO FRY.
- NEXT, ADD CHICKPEAS TO YOUR VEGETABLES, THEN THE CHOPPED TOMATOES AND HEAT THEM UP TOGETHER, ADD SEASONING AND GARLIC
- WHEN THE POTATOES HAVE HAD ABOUT 15 - 20 MINS AND THEY EASILY SLIDE OFF YOUR FORK WHEN YOU STAB THEM, THEN DRAIN THEM
- MELT SOME BUTTER IN A LARGE SAUCE- PAN, ADD A LITTLE SOY MILK, THEN ADD POTATOES. MASH AND MIX TOGETHER. ADD SALT AND PEPPER TO THE MASH.
- ONCE EVERYTHING IS SUFFICIENTLY COOKED, SERVE TOGETHER, TOPPED WITH VEGAN CHEESE OR NUTRITIONAL YEAST (OR BOTH!)

