



# Soup & Sandwiches

## *Mock Chicken Salad Sandwich*

1 can garbanzo beans, rinsed and drained  
2-½ tablespoon vegan chicken seasoning  
1-teaspoon onion powder  
½ teaspoon garlic  
1-teaspoon parsley  
½ cup chopped celery to taste  
½ teaspoon curry powder to taste  
Vegenaise or other vegan mayo

1. Mash, blend or chop up garbanzo beans
2. Mix with all ingredients
3. Refrigerate for at least one hour

**TIP:** When selecting vegan chicken seasoning, make sure it is non-MSG.

Try adding roasted cashews to add crunch and golden raisins to complement the curry!

