

Gluten Free Thursday: Sun-flower Seed And Sun-dried Tomato Paste On A Sunny Day

Ingredients:

Difficulty: Easy
(serves 8-10)

2.5 dl (or 1 cup) sunflower seeds, soaked overnight
1 can kidney beans (drained, net weight: 230 gr.)
15 sun-dried tomatoes
4 tbsp tomato paste
2 tbsp gluten free soy sauce (buy normal one if you don't care about gluten)
3 tbsp nutritional yeast
about 20 large fresh basil leaves
salt and pepper to taste (for me, 1 tsp salt and a pinch of pepper was enough)

fresh, crusty bread to serve / eat (gluten free or not, the bread in the photo is not gluten free)

Instructions:

1. Drain the sunflower seeds and then put all the ingredients except salt and pepper in a food processor.
2. Process until you get a smooth-ish paste (for me, getting the sun-dried tomatoes into as small as possible pieces was the biggest aim).
3. Add salt and pepper to taste and process a little more to have the seasons mixed well. Then transfer to a serving bowl. Enjoy!