



CHICKPEA STEW

Yield: 4 Servings

Nutrition Facts

Serving size 3.5 oz. (99 g)

Amount per serving
Calories 55

		% Daily Value*
Total Fat	1.5g	0%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	303mg	15%
Total Carbohydrate	8g	2%
Dietary Fiber	1g	4%
Total Sugars	3g	
Includes Added Sugars	0g	0%
Protein	2g	
Vitamin D	0mcg	0%
Calcium	32mg	2%
Iron	1mg	6%
Potassium	196mg	4%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients

- 1/8 cup
- 1 teaspoon
- 2 teaspoons
- 1/8 teaspoon
- 1/3 cup
- 2/3 cup
- 1/2 leaf
- 2 2/3 tablespoons
- 1 teaspoon
- 1/8 teaspoon
- 2 teaspoons
- 1 teaspoon
- 1 teaspoon
- As needed
- 1/8 teaspoon

- Chickpeas, drained and rinsed
- Garlic Cloves, minced
- Crushed Tomatoes in Purée Canned
- Crushed Red Pepper Flakes
- Vegetable Broth
- Diced Tomatoes in Juice Canned
- Bay leaf
- Roasted Red Peppers Canned, 1/2" dice
- Fresh Parsley, finely chopped
- Fresh Rosemary, finely chopped
- Lemon Juice
- Canola Oil
- Ground Cumin
- Pan Spray
- Salt

Procedures

1. Preheat the oven to 350°F.
2. For roasted chickpeas, spray a sheet pan with pan spray and place chickpeas in a single layer on the pan.
3. Place in a preheated 350°F oven and cook for 20-25 minutes or until crispy and golden brown.
4. Remove from the oven and cool to room temperature, reserve for later use.
5. Heat oil in a braising pan to medium high heat.
6. Add garlic and salt, cook until fragrant, 30- 45 seconds.
7. Add cumin, crushed tomato and pepper flakes; stir for about 30 seconds.
8. Add vegetable broth, diced tomatoes, bay leaf, chickpeas, and roasted red peppers. Simmer until chickpeas are tender, approximately 5-10 minutes. Remove bay leaf.
9. Finish with lemon juice, chopped parsley and rosemary. Garnish each portion with roasted plain chickpeas.

