

Recipe

TOMATO CHICKPEA STEW



► ▸ Vegan, gluten-free, soy-free, refined sugar-free, nut-free

Yield: 3 cups (4 servings)

Prep Time: 30 min

Cook Time: 25 min

Total Time: 30 min

INGREDIENTS

- 2 Tbsp oil
- 1 onion, chopped
- 1 cup dry chickpea, soaked overnight (3 cups cooked or 2x 15oz cans)
- 1 red chili pepper, diced (optional)
- 1 tsp cumin
- 2 Tbsp tomato paste (or 1-2 whole fresh tomatoes, chopped)
- 1 tsp cinnamon

DIRECTIONS: IF COOKING CHICKPEAS FROM DRY

1. Add all ingredients (except the tomato paste) to a medium pot and add 2 cups water
2. Allow to come to a boil, reduce to simmer and cover partially while stirring occasionally.
3. The dish should be ready after 25-30 minutes. Taste test. If cooked, add the tomato paste at this stage. Serve while hot and enjoy!

DIRECTIONS: IF COOKING USING CANNED CHICKPEAS

Add all ingredients to the pot at once including 1/2 cup water. Cook at a soft boil for 5-10 minutes, partially covered. Serve and enjoy!

NOTES

1. More onions tastes better - feel free to add an extra one if you are an onion lover too!
2. If cooking beans from dry, don't add the tomato paste until the end or chickpeas take longer to cook.

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