

Chickpea Stew

A hearty vegetarian meal with Indian flavors.

<u>U.S.</u>		<u>Metric</u>
1 Tbsp	Olive Oil	15 mL
1 medium	Yellow onion, diced small	1 medium
1 medium	Carrot, diced small	1 medium
2 each	Garlic cloves, minced	2 cloves
1 each	Jalapeno, diced small	1 each
1 1/2 cups	Russet Potato (or Sweet Potato), medium dice	170 g
1 Tbsp	Cumin, ground	9 g
1 Tbsp	Coriander	9 g
2 tsp	Paprika	6 g
1 tsp	Turmeric	3 g
1 tsp	Garlic Powder	3 g
1/2 tsp	Salt	1.5 g
1 (15oz) can	Tomatoes, diced	423 g
1 (15oz) can	Chickpeas, low sodium, drained and rinsed	423 g
2 cups	Vegetable stock, unsalted	413 oz
2 tbsp	Parsley, chopped	8 g
 <i>Optional, to serve:</i>		
2 each	Whole Wheat Pita Bread	2 each
2 cloves	Garlic, minced	2 cloves
1 Tbsp	Olive Oil	15 mL

Preparation:

1. Gather all ingredients and equipment. (Optional: Preheat oven to 350°F (180°C))
2. Heat the olive oil in a large pot over medium-high heat. Add the onion, carrots, and seasonings (cumin, coriander, paprika, turmeric, garlic powder, and salt). Cook for 3-5 minutes, until vegetables begin to soften.
3. Add the garlic and jalapeño, sauté for an additional 1-2 minutes.
4. Stir in the potatoes, tomatoes, chickpeas, and vegetable stock. Bring to a boil, then reduce heat until stew is at a constant simmer.
5. Simmer, uncovered, until stew is desired thickness. Then cover the stew and cook until potatoes are tender (about 20-25 minutes total of simmering).
6. (Optional) While the stew is simmering, combine the minced garlic and olive oil in a small bowl. Place the pita on a baking sheet and brush with the garlic oil. Bake for 8-10 minutes, until pita is hot and beginning to crisp. Cut each pita into 6 triangles.
6. Top with chopped parsley and, if desired, serve each bowl with 3 pita triangles.

Nutrition Facts

4 Servings

Serving size **1 1/2 cups**

Amount per serving

Calories **320**

Calories from Fat 60

Total Fat 7 g

 Saturated Fat 1 g

 Trans Fat 0 g

 Monounsaturated Fat 3.5 g

Cholesterol 0 mg

Sodium 380 mg

Total Carbohydrate 51 g

 Dietary Fiber 11 g

 Total Sugars 8 g

 Includes 0g Added Sugars

Protein 14 g

Vitamin D 0 %

Calcium 8 %

Iron 25 %

Potassium 585 mg

Phosphorus 203 mg

Nutrition Facts

4 Servings

Serving size **1 1/2 cups with 3 pita triangles**

Amount per serving

Calories **430**

Calories from Fat 90

Total Fat 10 g

 Saturated Fat 1.5 g

 Trans Fat 0 g

 Monounsaturated Fat 6 g

Cholesterol 0 mg

Sodium 430 mg

Total Carbohydrate 67 g

 Dietary Fiber 13 g

 Total Sugars 9 g

 Includes 0g Added Sugars

Protein 17 g

Vitamin D 0 %

Calcium 8 %

Iron 25 %

Potassium 590 mg

Phosphorus 205 mg
