



Chickpea Stew

A hearty vegetarian meal with Indian flavors.

<u>U.S.</u>		<u>Metric</u>
2 tsp	Olive oil	10 mL
1 cup	Yellow onion, diced small	113 g
1 cup	Carrot, medium dice	113 g
2 each	Garlic cloves, minced	2 cloves
1 medium	Jalapeno, diced small	14 g
1 1/2 cups	potato (or sweet potato), medium dice	170 g
3 tsp	Cumin, ground	9 g
1 tsp	Coriander	3 g
1 tsp	Chili powder	3 g
1/2 tsp	Turmeric	1.5 g
1/8 tsp	Salt	.37 g
1 (15oz) can	Tomatoes, diced	423 g
1 (15oz) can	Chickpeas, rinsed and drained	423 g
14 oz	Vegetable stock	413 oz
2 tbsp	Parsley, chopped	8 g

Preparation:

1. Gather all ingredients and equipment.
2. Heat the olive oil in a large pot over medium-high heat. Add the onion and carrots. Sauté for 4-5 minutes or until the onion starts to turn translucent
3. Add the garlic and jalapeño, sauté for an additional 1-2 minutes.
4. Stir in the potato and remaining ingredients (through broth). Bring to a boil, as soon as it starts to boil reduce the heat to a simmer and cover.
5. Simmer and stir occasionally for 10-15 minutes or until the potato is tender.
6. Serve and top with chopped parsley.

Nutrition Facts

Serving size	8 oz
Servings	4
Calories	521
Calories from Fat	70
Total Fat	8 g
Saturated Fat	1 g
Trans Fat	0 g
Monounsaturated Fat	2 g
Cholesterol	0 mg
Sodium	280 mg
Carbohydrates	89 g
Dietary Fiber	22 g
Sugars	16 g
Protein	26 g
Vitamin A	587 %
Calcium	16 %
Vitamin C	50 %

Iron	45 %
Phosphorus	447 mg
