


A cluster of yellow chickpeas scattered across the top left of the page.

Chickpea Stew


Yield: 4 servings

Ingredients

A bunch of fresh green curly kale on the left side of the page.

1 cup diced onion
1 cup diced carrot
2 teaspoons minced garlic
1 tablespoon ground cumin
1 teaspoon ground coriander
1 teaspoon chili powder
½ teaspoon ground turmeric
3 cups vegetable stock, low sodium
15 ounces canned, diced tomatoes, no salt added
15 ounces canned, chickpeas, drained and rinsed
1 cup chopped potato
¼ teaspoon salt (optional)
3 cups chopped kale
¼ cup diced fresh parsley

Instructions

- 
- A group of yellow potatoes, some whole and some cut, on the right side of the page.
1. In a medium saucepan, over medium heat, add onion, carrot and 1 tablespoon of water. Sauté about 4 to 5 minutes, until onions start to soften.
 2. Add garlic, cumin, coriander, chili powder and turmeric. Sauté for an additional minute.
 3. Stir in the vegetable stock, tomatoes, chickpeas, potato and salt. Bring to a simmer, cover and cook for about 15 minutes, until potatoes are soft when pricked with a fork.
 4. Stir in the kale and parsley.

Nutrition Information **Serving Size: 1½ cups**

Calories: 233 | Total Fat: 1.9 g | Saturated Fat: 0.1 g | Monounsaturated Fat: 0.3 g | Polyunsaturated Fat: 0.3 g
Sodium: 356 mg | Total Carbohydrate: 45.8 g | Dietary Fiber: 11.3 g | Sugars: 10 g | Protein: 10 g

Source: Health Meets Food

Presented by
Culinary Medicine

Contact Us: spectrumhealth.org/culinarymedicine