



Chickpea & Chard Stew

By Kathleen Henry @ Produce On Parade

Serves 6

A quick and easy flavorful stew that's as healthy as it is tasty. Full of protein and fiber, this hearty stew will fill you up and keep you satisfied. It's a staple in our house!

Ingredients

- 1 tbsp olive oil
- 1 large yellow onion, diced
- 3 large garlic cloves, minced
- 1 tbsp ground cumin
- 1 tsp ground ginger
- 1 tsp kosher salt
- 2 15 oz. cans of diced tomatoes, liquid included
- 2 15 oz. cans of chickpeas, drained and rinsed
- ½-1 cup water
- 1 cup pasta of choice
- 1 bunch of chard, de-stemmed and chopped (or spinach)
- 1 tbsp lemon juice
- ¼ cup fresh cilantro, chopped

Instructions

1. In a large soup pot, heat the olive oil over medium-low heat. Add the onion and garlic; saute for about 3 minutes until the onion is tender. Add the cumin, ginger, and salt; saute for an additional minute or two until the garlic is fragrant.
2. Stir in the tomatoes, chickpeas, and water. Bring to a boil over high heat then stir in the pasta. Reduce to a gentle boil and cook for about 9 minutes, until the pasta is al dente.
3. Remove from heat and stir in the chard, to wilt. Before serving, stir in the lemon juice and cilantro. Serve hot.

Notes

More water can be added to any leftovers, if desired, as the pasta will absorb some of the liquid while sitting.