

PLANT-BASED RECIPES · Nº 06

Chickpea & spinach stew

06

#plant-based #high-fiber #one-pot

POT 50 MIN

SERVES 4

Even better the next day, once the flavors settle.

INGREDIENTS

- [ ] Cooked chickpeas (400 g)
- [ ] Frozen spinach (250 g)
- [ ] Sweet potato (1 large)
- [ ] Potato (1 small)
- [ ] Onion (½)
- [ ] Garlic (2 cloves)
- [ ] Zucchini (½ small)
- [ ] Carrot (1 handful)
- [ ] Peppers (1 handful)
- [ ] Tomato (1 piece)
- [ ] Bay leaf (1)
- [ ] Cumin, paprika, saffron
- [ ] Salt, olive oil

Before you start: *Drain and rinse the chickpeas. Carrot and peppers can be frozen or fresh.*

✂ CUT & KEEP

STEPS

1. **Start the sofrito.** Chop the garlic, onion, zucchini, peppers and tomato. Fry them in a large pot with a splash of olive oil, the carrot and the bay leaf over medium-low heat.
2. **Peel the potatoes.** While the vegetables fry, peel the sweet potato and potato and cut them into medium chunks. Add them to the pot.
3. **Keep it from burning.** If anything starts to catch, add a splash of water so the onion keeps softening. Cook for 15 minutes, stirring now and then.

4. **Add spinach and chickpeas.** Stir in the frozen spinach and the drained chickpeas.
5. **Cover with water and spice.** Pour in water until everything is covered. Add cumin, paprika, a few saffron threads and salt to taste.
6. **Simmer.** Cook over low heat for 20–25 minutes, until the potatoes are tender and the broth thickens. Remove the bay leaf and serve hot.

MY NOTES