



Chickpea and Sausage Stew

Serves eight

16 oz. (500 grs) of dried garbanzo beans
6 Italian sausage links – sliced
1 TBS olive oil + 1 tsp
1 medium white onion – finely chopped
4 garlic cloves – minced
1 bell pepper – finely diced
1 TBS ground cumin
2 TBS chopped parsley + more for garnish
6 tomatoes – peeled and diced
1 TBS oregano
½ cup of the liquid you cooked the chickpeas in
1 cup tomato sauce
Salt & Black pepper

Wash the beans and cover them with water. Allow them to hydrate overnight. The next day strain them and place them in a pot. Cover them with cold water and add a little salt. Cook until the beans are softened but not completely cooked through.

Heat a TBS of olive oil in a skillet and add the sausage. Brown it on both sides and set it aside. Discard all but 2 TBS of the rendered fat.

Add the onion to the fat and cook for 5 to 6 minutes until it is softened and translucent. Add the garlic and mix. Cook for a couple of minutes until you can smell the garlic. Add the bell pepper and mix. Add the tsp. of olive oil in the middle and top it with the ground cumin. Mix the cumin into the oil and cook it stirring constantly for a couple of minutes. Mix it in with the onion. Cook for three to four minutes and add the parsley. Mix. Add the tomatoes and the oregano and mix. Let the tomatoes stew for a few minutes until they release some of their juice. Add the liquid and the tomato sauce. Mix and return the sausage to the pan. Season with some black pepper, mix and transfer the sauce into the pan with the garbanzos. Simmer for about 20 to 30 minutes until the chickpeas are cooked through. Taste for salt and adjust as necessary.

Serve with rice and garnish with some chopped parsley. Enjoy!

**Stew no rice - CALORIES 256.86; FAT 9.74 grs (sat 2.61; mono 4.37; poly 1.40); PROTEIN 17.61 grs ;
FIBER 5.58 grs; CARBS 26.48 grs; CHOLESTEROL 19.13 mg; IRON 3.60 mg; SODIUM 826.73 mg;
CALCIUM 85.90 mg**

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