



Vegetarian Garbanzo Stew

Serves six

- 12 oz. dried garbanzo beans - soaked overnight
- 1 TBS tomato paste
- 2 TBS olive oil
- 1 small red or white onion – finely chopped
- 2 scallions – whites and light greens chopped (reserve the dark green for garnish)
- 4 garlic cloves – minced
- 1 TBS ground cumin
- 1 small bell pepper – cored and finely chopped
- 1 small chili pepper - seeded, membrane removed and chopped (opt)
- 1 small celery stalk with leaves – chopped
- 2 TBS chopped parsley
- 2 tomatoes – diced
- 1 small sweet potato – peeled and diced
- 1 TBS crushed oregano
- 2 tsp. salt
- 3 tsp. black pepper

Place the garbanzo beans in a pot and cover them with water. Add the tomato paste and mix well. Bring to a simmer and cook for about 30 minutes.

Add the olive oil to a skillet and heat. Add the onion and scallions. Cook for about 8 minutes until onions are translucent and soft. Add the garlic, mix and cook for about 1 minute until it starts to smell. Add the cumin and mix well. Cook for a couple of minutes and add the bell pepper, chili pepper (if using), celery, celery leaves and parsley. Cook that for a couple of minutes as well. Add the tomatoes and allow them to stew for 4 to 5 minutes. Transfer the contents of the skillet into the pot with the garbanzos.

Add the sweet potato, crushed oregano, salt and pepper to the pot. Stir well and simmer for about 45 minutes – or until the beans are softened and the sweet potato is completely cooked through. Serve with a side of brown rice and a garnish of scallion greens. Enjoy!

CALORIES 282.38.; FAT 8.05 grs (sat 1.00; mono 4.15; poly 1.94); PROTEIN 11.64 grs ; FIBER 11.66 grs; CARBS 43.78 grs; CHOLESEROL 00.0 mg; IRON 5.18 mg; SODIUM 841.70 mg; CALCIUM 122.62 mg

