

Chickpea Vegetable Stew (No Oil)

This stew is so hearty and delicious. Dried or canned chickpeas can be used in this recipe. But if using dried you will have to modify the recipe to cook the chickpeas longer before adding all the veggies. We like to have it topped with sliced avocado and dulse (seaweed). Another great recipe that shows we don't need to add oil to foods for them to taste great.



Categories

Gluten-free

Yields: 4 servings

Preparation time: 10 mins

Cooking time: 15 mins

Category: Entrees

Complexity: Simple

Vegan experience: Absolute beginner

Preparation style: Cooked

Ingredients

Garbanzo beans (chickpeas), canned, drained	1.5 cup
Tomato, cooked from fresh	2 large
Onion, white, yellow or red, raw	1 large
Red bell peppers, cooked	1 medium - 2 1/2" diameter x 2 3/4"
Carrots, cooked from fresh	1 large - 7 1/4" to 8 1/2" long
Acorn squash	1.5 cup
Potato, boiled, without skin	2 medium - 2 1/4" to 3 1/4" diameter
Zucchini, cooked from fresh	1 medium
Spinach, cooked from fresh	2 cup
Water	1.5 cup
Turmeric, ground	0.5 teaspoon
Black pepper, ground	0.5 teaspoon
Oregano, ground	0.5 teaspoon
Basil, ground	0.25 teaspoon
Ginger, ground	0.25 teaspoon
Marjoram, dried	0.25 teaspoon
Coriander leaf, dried	0.5 teaspoon

Instructions

If using dried chickpeas soak one cup overnight or for 6 hours. Rinse well after soaking. Soak longer and repeat soaking and rinsing at least twice to further reduce anti-nutrients. If using dried you will have to add the chickpeas with the tomatoes, before adding the potatoes, squash, and zucchini, and cook until the chickpeas are almost done, then add the remaining veggies. As dried and soaked chickpeas will take a bit longer to cook, whereas canned are already cooked.

1. Chop onion, 1/2 a red pepper or a whole smaller pepper, carrot, potatoes, zucchini and squash. Set aside. Also chop fresh tomatoes or use canned tomatoes. Set aside.
2. Use a medium to large pot and add 1/2 cup water. Heat at medium. When hot, add chopped onion and pepper. Sauté until starting to soften. Add carrots - cook for a few minutes more stirring often. Add extra water if needed. Veggies should just barely be covered.
3. Add chopped tomatoes. Stir. Cook for a few minutes then add spices. Add canned chickpeas, squash and potatoes and about 1.5 cups water. Stir. Vegetables should just be covered with water. Keep an eye on the water in case more is needed. Cook for about 5 minutes at low-med heat partly covered.
4. Add chopped zucchini. Stir. Cook until all vegetables are cooked. About another 5 - 10 minutes.
5. Turn off heat and add spinach. Cover. Let sit and spinach will wilt with the heat. Stir and serve hot.
6. Can be topped with sliced avocado and some dulse.