



## Spanish Chickpea Stew

Yield: six 1-cup servings

### Ingredients:

- 3 Tbsp Extra virgin olive oil
- 2 tsp Fresh garlic, minced
- 2 cups Fresh onions, peeled, diced
- 2 tsp Sweet paprika
- ½ tsp Ground cumin
- 3 cups Frozen spinach, chopped
- 2 cups Canned low-sodium garbanzo beans (chickpeas), drained, rinsed
- ¾ cup Golden raisins
- 1 cup Canned low-sodium diced tomatoes
- 1 ½ cups Low-sodium chicken stock
- 1 Tbsp Red wine vinegar
- ¼ tsp Salt
- ¼ tsp Ground black pepper



### Directions:

1. In a large pot, heat olive oil over medium heat.
2. Add garlic and cook for 1 minute. Add onions and continue to cook for 2-3 minutes until onions are translucent.
3. Mix in paprika and cumin.
4. Add spinach and cook for 7 minutes.
5. Add garbanzo beans (chickpeas), raisins, tomatoes, and chicken stock. Bring to a boil.
6. Reduce heat to low and simmer uncovered for 7-10 minutes, or until raisins are plump.
7. Add vinegar, salt, and pepper. Mix well. Serve hot.

Nutrients Per Seving: Calories 241, Protein 8 g, Carbohydrate 38 g, Dietary Fiber 6 g, Total Fat 8 g, Saturated Fat 1 g, Cholesterol 0 mg, Vitamin A 3325 IU (159 RAE), Vitamin C 7 mg, Iron 2 mg, Calcium 93 mg, Sodium 156 mg

Source: TeamNutrition.usda.gov, *Recipes for Healthy Kids Cookbook for Homes*



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