

Tomato Chickpea Stew

The Ingredients

- 2 tablespoons olive oil
- 2 yellow onions (medium sized), thinly sliced
- ½ tablespoon of light brown sugar
- 3 teaspoons of cumin seeds
- 2 teaspoons of ground coriander
- 1 tablespoon of smoked paprika
- 1 can (28 ounces) whole tomatoes (I cut the tomatoes in halves or thirds for easy mouthfuls)
- 1 cup of vegetable stock (if not homemade, I recommend Better Than Bouillon)
- 2 cans (15oz) chickpeas, rinsed & drained
- 1 handful of raisins
- 1/3 cup coarsely chopped preserved lemon (if you do not this, you can replace with zest of 2 lemons)
- 4 cups of baby spinach leaves

Instructions

1. Heat oil in large saucepan; cook onion and sugar over low heat, stirring occasionally, about 15 minutes or until onions are slightly caramelized. Add spices; cook, stirring, about 1 minute or until mixture is fragrant.
2. Add undrained tomatoes, stock, chickpeas, raisins and zest (add a squirt of the juice if you are not using preserved lemons); bring to a boil. Reduce heat; simmer, covered, about 30 minutes or until slightly thickened. Stir in spinach, season to taste.

Source: Chef Charles Angle

