

Ethiopian-Style Chickpea Stew

This recipe was adapted from the Whole Foods Market website (www.wholefoodsmarket.com).

It was inspired by a Whole Planet Foundation microcredit client who runs a chickpea roasting business.

Serves 6

- 1 teaspoon sweet paprika
- 1 teaspoon sea salt
- ½ teaspoon ground allspice
- ½ teaspoon ground black pepper
- ½ teaspoon ground cardamom
- ½ teaspoon ground cloves
- ½ teaspoon ground coriander
- 1/8 – ¼ teaspoon cayenne
- ½ teaspoon ground ginger
- 2 (15-ounce) cans no-salt-added chickpeas, rinsed and drained
- 3 tablespoons extra-virgin olive oil, divided
- 2 cloves garlic, finely chopped
- 1 medium red onion, chopped
- 1 (1-inch) piece fresh ginger, peeled and finely chopped
- 1 (8-ounce) can no-salt-added tomato sauce
- 1 quart low-sodium vegetable broth
- 1 pound red potatoes, cut into 1-inch chunks
- 4 carrots, peeled and cut into 1-inch chunks

Preheat oven to 450°F. Stir together paprika, salt, allspice, black pepper, cardamom, cloves, coriander, cayenne, and ginger in a small bowl; set spice mixture aside.

Toss chickpeas with a tablespoon of the oil on a large rimmed baking sheet and spread out in a single layer. Roast chickpeas, stirring occasionally, until somewhat dried out and just golden brown, 16 to 18 minutes; set aside. **NOTE: If you're in a hurry, omit roasting the chickpeas and simply add them to the stew after they've been rinsed and drained.**

Meanwhile, heat remaining 2 tablespoons oil in a medium pot over medium heat. Add garlic, onion and chopped ginger and cook, stirring occasionally, until very soft and golden brown, 8 to 10 minutes. Stir in reserved spice mixture and continue cooking, stirring constantly, until spices are toasted and very fragrant, about 2 minutes. Stir in tomato sauce and cook 2 minutes more.

Stir in broth, potatoes, carrots and reserved chickpeas and bring to a boil. Reduce heat to medium-low, cover and simmer until potatoes and carrots are just tender, about 20 minutes. Uncover pot and simmer until stew is thickened and potatoes and carrots are very tender, about 25 minutes more. Ladle stew into bowls and serve.