


Moroccan Chickpeas

 Author : Ashley Madden

 Prep Time: 10 mins  Cook Time: 30 mins  Total Time: 40 mins

 Servings: 4 servings

Course: Main Course, Side Dish

Cuisine: Mediterranean

These moroccan chickpeas come together easily and are full of flavor! Pair with warm grains and steamed greens for a complete meal!

INGREDIENTS

½ yellow onion small diced
2 large carrots medium diced
3 stalks celery medium diced
4 garlic cloves minced
2½ teaspoon ground cumin
2 teaspoons cinnamon
½ teaspoon turmeric
½ teaspoon red pepper flakes
3 cups cooked chickpeas
1 (28 ounce) can diced tomatoes
¾ teaspoon salt

INSTRUCTIONS

1. In a medium-sized stock-pot, sauté the onion, carrot and celery in a ¼ cup of water until the onions become soft, about 5-7 minutes, stirring often with a wooden spoon. Add water as needed to prevent burning.
2. Next, add the garlic and spices and continue to sauté for another 2 minutes, again stirring and adding water as needed to prevent burning.
3. Add the chickpeas, diced tomatoes and salt and bring to a simmer. Partially cover and simmer on low-medium heat for 20 minutes. During this time the tomatoes will reduce and thicken. Stir occasionally to make sure the mix isn't sticking to the bottom of the pan.
4. When most of the water has evaporated from the diced tomatoes, remove from heat, taste and reseason with salt and pepper.
5. Divide among plates and serve with brown rice or quinoa.