

Chickpea Stew

1tbsp coconut oil
1 sweet onion, diced
2 garlic cloves, minced
3 cans chickpeas, rinsed
1 can (14oz) diced tomatoes
4 cups vegetable broth
4 cups water
1/2tsp dried rosemary
1/2tsp salt
1/4tsp pepper
1 bunch red swiss chard, washed, de-stemmed and chopped

In a large soup pot, sauté the onion in the oil until translucent. Then add the garlic and sauté for another 3 minutes. Add the tomatoes and spices and turn the heat down to low. In a food processor or blender add 2 of the cans of chickpeas and as much of the broth as need to puree everything until smooth (I usually add about 3 cups of liquid to get everything blended nicely). Once blended put the chickpea mixture in with the onion/tomato mixture in the pot. Then add the remaining liquid (broth and water). Stir will to combine. Bring to a rolling boil. Then add the last can of chickpeas and the swiss chard and cook until the chard is softened. Serve while hot. You can play with the thickness of this dish by pureeing more or less of the chickpeas. There was a time when chewing whole chickpeas wasn't for me...and so I used to puree them all. Now I'll eat this dish up either way. It feeds us (a family of four) with a meal to spare or freeze.