

PREPARATION: 20 MINUTES

SOAKING: 12 HOURS

COOKING: 30 MINUTES

4 SERVINGS

# ZESTY CHICKPEA STEW

## INGREDIENTS

- 1 can chickpeas (540ml), no salt, rinsed and drained
- 1 jalapeno pepper, seeds removed, diced
- 1 tablespoon canola oil
- ¼ cup rice, uncooked
- 1 teaspoon turmeric
- 4 cups no salt added chicken stock (see recipe on page 17)
- 1 teaspoon garlic powder
- 1 cup cooked chicken, cubed
- 1 cup yellow onion, cut in quarters
- ¼ cup vanilla yogurt
- 1 tablespoon brown sugar
- 2 cups baby spinach
- 1 tablespoon lime juice
- ½ cup Italian parsley, chopped



## PREPARATION

- 1** In a large bowl, let the chickpeas soak in 4 litres of water for 12 hours. Drain, rinse and **dry them** on a kitchen towel.
- 2** In a large non-stick frying pan or heavy-bottom pot, heat oil over medium heat. Add the chickpeas, turmeric and garlic powder. Cook for 7-8 minutes, stirring occasionally until the chickpeas are slightly browned. Add oil if necessary. Remove them from the pan and set aside.
- 3** Add onions and sugar to the pan. Cook for 5 minutes, stirring occasionally until slightly browned. Crush half of the chickpeas with a pestle and add them to the pan. Add lime juice, jalapeno, rice and chicken broth. Bring to a boil, then reduce temperature to low and let simmer for 15 minutes. Add the chicken to heat through.
- 4** Take the pan off the stove and add the yogurt, spinach and parsley.
- 5** Distribute into 4 bowls and garnish with the remaining chickpeas. Add pepper to taste.

**NOTE:** *If you like it spicy, do not remove the seeds from the peppers.*

Excellent source of fibre!

| Nutrient Analysis      |                |
|------------------------|----------------|
| <b>PER SERVING:</b>    |                |
| ¼ of recipe            |                |
| <b>RENAL EXCHANGE:</b> |                |
| 3 Protein + 2 Starch   |                |
| + 1 ½ Vegetable        |                |
| Calories               | <b>316Kcal</b> |
| Protein                | <b>21g</b>     |
| Carbohydrates          | <b>41g</b>     |
| Fibre                  | <b>7g</b>      |
| Total Fat              | <b>8g</b>      |
| Saturated Fat          | <b>1g</b>      |
| Cholesterol            | <b>29mg</b>    |
| Sodium                 | <b>252 mg</b>  |
| Potassium              | <b>585mg</b>   |
| Phosphorus             | <b>261mg</b>   |