

SPANISH CHICKPEA STEW

Main Dish

Makes 50 servings (1 cup).

Each serving has: 241 calories, 8 grams (g) of fat, 38 g carbohydrate, 8 g protein, 6 g fiber and 156 mg sodium.

1 ½ c. extra virgin olive oil
¼ c. plus 4 tsp. fresh garlic, minced
5 lb. fresh onions, diced
¼ c. plus 4 tsp. sweet paprika
1 Tbsp. ground cumin
4 lb. 8 oz. frozen spinach, chopped
1 gal. plus 1 qt. (2 - No. 10 cans) canned low-sodium chickpeas drained and rinsed, OR 8 lbs. 2 oz. dry chickpeas
2 lb. 6 oz. golden raisins
1 qt. plus 1 c. canned low-sodium diced tomatoes
3 qt. plus ½ c. low-sodium chicken stock
½ c. red wine vinegar
2 tsp. salt
2 tsp. ground black pepper

Heat oil in large roasting pan or square head pan (approx. 21"x18"x7") on top of the stove. Add garlic and sauté for 2 to 3 minutes. Add onions. Continue to sauté for 5 to 7 minutes until the onions are translucent. Mix in paprika and cumin. Add spinach and sauté for 15 minutes. Mix in chickpeas (if using dry chickpeas see preparation below), raisins, tomatoes, and stock. Bring to a boil. Reduce heat to low. Simmer uncovered for 15 minutes or until raisins are plump. Add vinegar, salt, and pepper. Mix well. Serve hot and portion with 8 fluid ounce ladle (1 cup).

NDSU EXTENSION
SERVICE