

Moroccan Chickpea Stew with Polenta

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|------------------|--|
| Preparation time | 10 minutes |
| Cooking time | 20 minutes |
| Servings | 4 |
| Cost per serving | \$1.41 |
| Storage | 3 days in the fridge. Can be frozen. |
| Kitchen tools | Cutting board, sharp knife, measuring cups and spoons, small bowl, can opener, colander, large frying pan, wooden spoon, small pot, whisk |



Ingredients



15 ml (1 tbsp)
canola oil



1 large or 2 small **yellow onions**,
peeled and chopped



4 **garlic** cloves,
peeled and minced



10 ml (2 tsp)
ground cumin

*THAW IN THE
MICROWAVE FOR 1 MINUTE
AND PRESS WITH
A FORK TO GET RID
OF THE EXCESS WATER.*



6 **frozen spinach** nuggets
(about 250 ml [1 cup]), thawed and drained



1 can (156 ml)
tomato paste



1 can (540 ml) **chickpeas**,
drained and rinsed



1 litre (4 cups) **chicken broth**
(divided: 60 ml [¼ cup] + 940 ml [3¾ cups])

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SHOW YOU HOW TO MAKE
YOUR OWN BROTH
WWW.OLO.CA*



Salt, pepper
and **Tabasco-style**
hot sauce, to taste

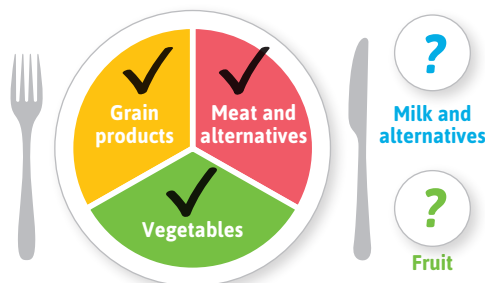


250 ml (1 cup)
quick cooking
polenta (#250)



15 ml (1 tbsp) **butter**
or non-hydrogenated
margarine

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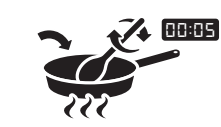



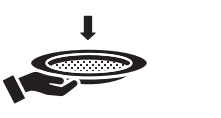


Balanced plate

Serve with:

- ? Vegetables (salad or cooked vegetables, for example) to round out the serving, and a fruit
- ? A glass of milk or fortified soy beverage

Directions

| | | |
|---|---|---|
| 1 | In a large frying pan, heat the oil over medium-high heat, add the onions and cook for about 2 minutes. |  |
| 2 | Add the garlic and cumin . Stir and cook for 1 minute. |  |
| 3 | Add the tomato paste . Stir and cook for 1 minute. |  |
| 4 | Add the spinach, chickpeas, 60 ml (¼ cup) of broth, salt, pepper and hot sauce . Stir and cook for 5 minutes. |  |
| 5 | Meanwhile, in a small pot, bring the rest of the chicken broth to a boil over high heat. Tip: Use the cooking time to prepare your side dishes. |  |
| 6 | Gradually add the polenta to the broth and whisk vigorously. Reduce heat to medium-low and cook for 4 minutes, stirring continuously. |  |
| 7 | Add the butter , mix and season with salt and pepper . |  |
| 8 | Immediately serve the chickpea stew over the polenta. Adjust hot sauce to taste. Variation: This Moroccan-style stew can also be served over couscous or rice. |  |

My rating: ★ ★ ★

This original recipe was developed by Extenso – The Université de Montréal reference centre on human nutrition