

## Moroccan Chickpea Stew with Polenta

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



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

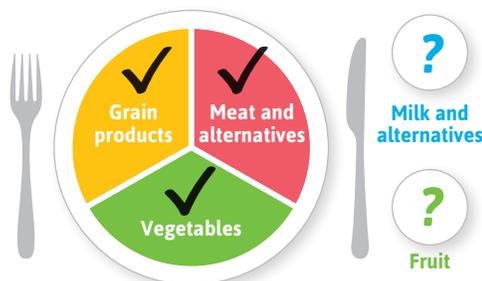


250 ml (1 cup)  
quick cooking  
**polenta** (#250)



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

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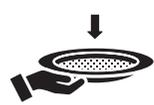


## Balanced plate

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

My rating: ★ ★ ★

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