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Spanish Chickpea Stew

Rating: 0

Prep time: 15 minutes

Cook time: 25 minutes

Makes: 6 Servings

The mild spicing of cumin and paprika, the heartiness of chickpeas, the soothing taste of spinach, the slight acidity of tomatoes, and the sweetness of golden raisins, create a delicious stew that will make your mouth water.

Ingredients

- 3 tablespoons** extra virgin olive oil
- 2 teaspoons** Fresh garlic, minced
- 2 cups** Fresh onions, peeled, diced
- 2 teaspoons** Sweet paprika
- 1/2 teaspoon** ground cumin
- 3 cups** Frozen spinach, chopped
- 2 cups** Canned low-sodium garbanzo beans (chickpeas), drained, rinsed
- 3/4 cup** golden raisins
- 1 cup** Canned low-sodium chicken stock
- 1 tablespoon** red wine vinegar
- 1/4 teaspoon** salt
- 1/4 teaspoon** ground black pepper

Directions

1. In a large pot, heat olive oil over medium heat.
2. Add garlic and cook for 1 minute. Add onions and continue to cook for 2-3 minutes until onions are translucent.
3. Mix in paprika and cumin.
4. Add spinach and cook for 7 minutes.
5. Add garbanzo beans (chickpeas), raisins, tomatoes, and chicken stock. Bring to a boil.
6. Reduce heat to low and simmer uncovered for 7-10 minutes, or until raisins are plump.
7. Add vinegar, salt, and pepper. Mix well. Serve hot

Notes

Our Story

Skyline High School is located on a beautiful 45-acre campus at the crest of the Oakland

Hills in California. The recipe challenge team grew out of an existing afterschool cooking academy that teaches cooking skills and nutrition. After conducting taste tests and receiving approvals by the students, the team eventually submitted not one, but two stew recipes which were selected to be featured in this cookbook: Spanish Chickpea Stew and Sweet Potato and Black Bean Stew.

The hearty Spanish Chickpea Stew will make a delightful addition to your menu. The flavors of this stew are well-balanced by the slight acidity of the tomatoes, creating a delicious main dish when served over brown rice or whole-wheat couscous.

Skyline High School

Oakland, California

School Team Members

School Nutrition Professional: Donnie Barcliff

Chef: Jenny Huston

Community Members: Rusty Hopewell (Health Center Nutritionist) and Sage Moore

Students: Karen M., Quailyn S., and Rudy R.

1 cup provides:

Legume as Meat Alternate: 1 ½ oz equivalent meat alternate, 1/8 cup dark green vegetable, ¼ cup other vegetable, and 1/8 cup fruit.

OR

Legume as Vegetable: 3/8 cup legume vegetable, 1/8 cup dark green vegetable, ¼ cup other vegetable, and 1/8 cup fruit.

Legume vegetable can be counted as either a meat alternate or as a legume vegetable but not as both simultaneously

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	241	
Total Fat	8 g	
Protein	8 g	
Carbohydrates	38 g	
Dietary Fiber	6 g	
Saturated Fat	1 g	
Sodium	156 mg	

MyPlate Food Groups

- Fruits 1/4 cup
- Vegetables 3/8 cup
- Protein Foods 1 1/2 ounces

[For more information on MyPlate Food Groups visit choosemyplate.gov](http://www.choosemyplate.gov)

