



Chickpea Stew with Kale (Greens)

Serves 8

This dish was adapted from several other versions I have tried. The longer it cooks the better the flavors meld. I think it would also be good with sweet potatoes although I have not tried that yet!

- 2 Medium Onions Chopped (about 2 cups)
- 2 Cups Chopped Potato (1 inch cubes about 2 cups)
- 2 Tablespoons Curry Powder
- ¼ to ½ teaspoon Cayenne Pepper
- 3 teaspoons Chopped Ginger
- 3 cloves Garlic Finely Minced
- 3 Cups Cooked Chickpeas (I use dry that I cook myself but canned will also work)
- 2 Cups plain unsweetened Plant Based milk (coconut milk is also great)
- Large Can Diced Tomatoes with juice
- 4 Cups Chopped Kale
- 2 Tablespoons Olive Oil
- ½ Cup Chopped Cilantro

In a large pot or Dutch oven, sauté the garlic and onion till barely softened over medium heat then add potatoes, curry powder, ginger, cayenne and ½ cup of water or vegetable broth or a little more. Continue cooking for about 10 minutes stirring occasionally.

Add kale, chickpeas, tomatoes, and milk and cook for another 5 minutes. At this point you can test the potatoes for doneness and continue simmering a bit longer. I transfer the mixture to a slow cooker as I tend to undercook the chickpeas so they stay firm, but they need a little longer. Longer cooking also really melds the flavors. Simmer in original pot or cook in slow cooker until ready.

Serve with a sprinkle of cilantro over brown rice.

Note: other greens like spinach can be used. If using less hearty greens I would add them later to the recipe. Instead of brown rice, this is also good on other grains such as cous cous or farro.

Enjoy!