

# Coconut Chickpea Stew

SERVINGS  
4-6

PREP TIME  
5 MIN

COOK TIME  
40 MIN

TOTAL TIME  
45 MIN

*This amazing stew is chunky, delicious, and filling. Made with simple ingredients and can be prepared quickly but tastes like it's been cooking all day.*



**ORGANIZING**  
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## Ingredients

## Directions

1

- Olive Oil
- Medium Onion
- 3 Ribs Celery
- 1 Small Zucchini
- 1 to 2 Jalapeno's
- 2 T Minced Garlic

- Drizzle and heat olive oil in a 3 quart pot (or larger) over medium high heat.
- Dice onions, celery & zucchini and add to hot oil (dice each and add to pot, cooking as you are chopping).
- Dice jalapeno (and if desired, seed it to reduce heat) and add to pot.
- Add minced garlic and mix well. Stir often and cook about 3 minutes more until mixture becomes translucent.

2

- 1 tsp Cumin
- 1 tsp Turmeric
- 1 tsp Paprika
- 1 tsp Salt
- ½ tsp Pepper

- Add all spices to pot and mix well. Cook together about 2 minutes until fragrant.

3

- 2 (15.5 oz) Cans Chickpeas
- 2 (14.5 oz) Can Diced Tomatoes
- 1 (14 oz) Can Lite Coconut Milk (Unsweetened)

- Add chickpeas, tomatoes and coconut milk. Mix well and bring to a simmer, cooking for about 20 to 30 minutes, until chickpeas are tender.

4

- 1 Cup White Rice

### WHILE STEW IS COOKING, SEPARATELY COOK RICE

- Cook rice according to package directions, and keep separate from stew.

- Salt & Pepper

Combine rice and stew together in **individual bowls** and season with salt & pepper to taste.