

Spicy Chickpea Stew

2 Servings)

Ingredients

- 1 T / 15 g olive oil
- 80 g finely chopped onion
- 1 clove garlic (3 g), minced
- 1/4 tsp salt / 1.25 g
- 1/8 tsp MSG / 0.5 g
- 1/2 tsp smoked paprika
- 1/2 tsp chili powder
- 1/2 tsp ground cumin
- 1/4 tsp black pepper
- Pinch cayenne pepper
- 1 can (400 g) diced tomatoes, undrained
- 1 can (240 g drained) chickpeas, rinsed
- 200 ml reduced-sodium broth (diluted if needed)
- 40 g raisins (reduced from original)
- 70 g dry couscous
- 30 g toasted almonds, chopped
- Fresh mint or parsley (optional)



Instructions

1. Heat **olive oil** in saucepan over medium.
2. Add **onion**; cook **4–5 minutes** until soft.
3. Add **garlic**; cook **30 seconds**.
4. Stir in **spices**; cook until fragrant.
5. Add **tomatoes, chickpeas, broth, and raisins**.
6. Bring to boil; reduce and **simmer** covered **10 minutes**.
7. Stir in **couscous**; remove from heat.
8. Cover and **let stand 5 minutes**.
9. Fluff gently and top with toasted **almonds** and **herbs**.

Nutrition (Per Serving)

Kcal: 605 | Protein: 22 g | Fat: 18 g | Sat. Fat: 2 g | Carbs: 94 g | Sugars: 27 g |
Fiber: 17 g | Sodium: 453 mg | Omega-3: 0.06 g

Nutrition (Total Dish)

Kcal: 1209 | Protein: 44 g | Fat: 36 g | Sat. Fat: 4 g | Carbs: 188 g | Sugars: 53 g |
Fiber: 34 g | Sodium: 906 mg | Omega-3: 0.12 g