



Spicy Potato Chickpea Stew Recipe

Author: Chuck Underwood Prep Time: 20 min Cook Time: 20 min

Total Time: 40 minutes Yield: 4-6 servings 1x Category: Stew

Method: Stovetop Cuisine: American Diet: Vegan

Description

If you're looking for a warm, comforting, stick-to-your-ribs kinda stew, look no further than this **Spicy Potato Chickpea Stew!** It'll have them going back for seconds!

Ingredients

- 1 small red onion
- 3 cloves minced garlic
- 1 red bell pepper
- 2 jalapeno peppers
- 2 tsp sweet paprika
- 1 tsp smoked paprika
- 1/2 tsp cumin
- 1/2 tsp turmeric
- 4 gold potatoes
- 1 (15 oz) can chickpeas
- 1 (15 oz) can fire-roasted tomatoes
- 4 cups low-sodium veggie broth
- handful spinach or other greens

Instructions

- 1 Prep all your veggies by dicing the onion & peppers, mincing the garlic, and cubing the potatoes.
- 2 In a large soup pot, saute the onions and garlic for 2-3 minutes or until softened. Use a splash of water or veg broth to keep them from sticking.
- 3 Add the peppers and mix well. Simmer until they too are softened.
- 4 Add the turmeric, cumin, sweet paprika, and smoked paprika and mix well
- 5 After 1 minute, add the tomatoes, potatoes, drained chickpeas, and broth
- 6 Mix well, bring to a boil, then cover and reduce the heat
- 7 Simmer for 20 minutes or until the potatoes are tender
- 8 Blend some of the stew to thicken, either by using an immersion blender for a few seconds,

or carefully blending 3-4 ladles of stew in your blender and returning to the pot

9 Add a handful of greens and stir them into the stew to wilt

10 Garnish with fresh lime juice, scallion tops, or cilantro

Notes

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Find it online: <https://www.brandnewvegan.com/recipes/soups/spicy-potato-chickpea-stew>
