CHICKPEAS & POTATO STEW
WITH SPINACH & EGG
Great as a vegetarian breakfast or lunch entrée

INGREDIENTS:

- 3/4 cup Diced Onions, Fresh
- 1 tsp Minced Garlic Cloves, Fresh
- 1 each Whole Bay Leaf
- 12 oz Potatoes, Red Skin, Large Diced
- 3/4 cup Tomato Sauce, Canned
- 1 cup Water
- 3 cup Cooked Dried Garbanzo Beans
- 3/4 tsp Kosher Salt
- 1/4 tsp Ground Black Pepper
- 2 tbsp Oil, Olive Canola Blend
- 1 tsp Ground Cumin
- 2 tbsp Lemon Juice, Fresh
- 2 oz Spinach, Baby
- 2 oz Arugula Lettuce Leaf
- 5 tsp Parsley, Fresh, Chopped
- 6 each Eggs, Fresh

METHOD:

In a hot pan, drizzle oil and sauté onions until translucent. Add the garlic and toast for 30 seconds without burning. Add bay leaf, potatoes, beans, water and tomato sauce. Bring to a boil and lower heat to simmer and cook covered until potatoes are tender, about 15 minutes. Season with salt, freshly ground black pepper, cumin and fresh lemon juice. Just before serving, add the spinach and arugula to wilt and garnish with fresh chopped parsley. Poach eggs in simmering water and place on top of stew.

CHEF’S NOTES:
Nutritional for this recipe calls for dry beans cooked. Canned cooked garbanzo beans can be used but sodium content will be different. Make sure to rinse canned beans to rid of some sodium. Serve with a thick slice of rustic bread.

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