

Chickpea and Spinach Stew

Ingredients:

- 2 cans chickpeas, rinsed
- 4 cups fresh spinach
- 1 medium onion, chopped
- 3 garlic cloves, minced
- 1 can crushed tomatoes (14 oz)
- 3 cups vegetable broth
- 2 tbsp olive oil
- 1 tsp paprika or cumin (optional)
- Juice of 1 lemon
- Salt & pepper



Instructions:

- Heat olive oil in a pot. Sauté onion and garlic until soft.
- Stir in crushed tomatoes and spices. Cook 5 minutes.
- Add chickpeas and broth. Simmer 15 minutes.
- Stir in spinach until wilted.
- Add lemon juice, season to taste. Serve with bread.