

Spanish Chickpea Stew

This Recipe was submitted by Randy Hopewell* of Skyline School District to the "Recipes for Healthy Kids" contest sponsored by Let's Move and USDA

Servings: 6

Ingredients:

- 3 Tbl. *canola oil*
- 2 c. *yellow onion*, chopped
- 2 tsp. *sweet paprika*
- $\frac{1}{2}$ tsp *cumin*
- 12 oz. *frozen spinach*
- $1\frac{1}{2}$ c. *chicken or vegetable stock*
- 1 can (14.5 oz.) *tomatoes*
- 2 tsp *Red wine vinegar*
- $\frac{1}{4}$ tsp. *black pepper*, freshly ground

Directions:

1. Heat the oil in a large stock pot, add the garlic and sauté for a minute, then add the onions and sauté until they are translucent.
2. Add the paprika and cumin and sauté until aromatic.
3. Add the spinach and sauté until heated through, and then add the chickpeas, raisins, tomatoes and stock.
4. Bring to a boil then reduce to a simmer. Cook until the raisins plump, about 15 minutes.
5. Add the vinegar and pepper.

Nutrition:

 (Serving size: 1 cup)

calories: 309 *protein:* 10.5g *total carbohydrate:* 44.7g *total fat:* 9.9g
sugars: 23.2g *sodium:* 280mg *dietary fiber:* 6.4g *saturated fat:* 0.9g