





## COCONUT CHICKPEA STEW

**SERVES: 4** (approx. ¾ cup each) **Prep Time: 10 min. Cooking Time: 45 min.**


CONTAINER EQUIVALENTS (per serving):  ½  1  1  ½


VEGAN CONTAINER EQUIVALENTS (per serving):  ½  ½  1  ½

**1 Tbsp.** olive oil  
**½ cup** chopped onion (approx. ¾ medium)  
**3 cloves** garlic, finely chopped  
**2 cups** canned chickpeas (garbanzo beans), drained, rinsed  
**1 Tbsp.** fresh ginger, finely chopped (or 1 tsp. ground ginger)  
**1 tsp.** ground turmeric  
**½ tsp.** sea salt (or Himalayan salt)  
**¼ tsp.** ground black pepper  
**1 (13.5-oz.) can** lite coconut milk  
**1 cup** low-sodium organic vegetable broth  
**2 cups** kale or Swiss chard, stems removed, roughly chopped  
**1 Tbsp.** fresh lime juice  
**1 tsp.** finely grated lime peel (lime zest)  
**4 tsp.** chopped fresh mint

1. Add oil to a large pot and heat over medium heat until fragrant, 1 to 2 minutes.
2. Add onion, garlic, chickpeas, ginger, turmeric, salt, and pepper; cook for 8 minutes, stirring often, until chickpeas begin to brown.
3. Gently mash chickpeas with a potato masher or the back of a wooden spoon. Add coconut milk and broth, stirring to release any ingredients stuck to the bottom of the pan.
4. Bring to a simmer and cook for 30 minutes, stirring occasionally, until stew has thickened.
5. Stir in kale and simmer 3 to 5 minutes, until wilted. Remove from heat; stir in lime juice and lime zest.
6. Divide stew evenly among four serving bowls. Top each bowl with 1 tsp. chopped mint and serve immediately, or store refrigerated in an airtight container for up to 4 days.

**NUTRITIONAL INFORMATION** (per serving): **Calories: 223 Total Fat: 11 g Saturated Fat: 6 g Cholesterol: 0 mg Sodium: 256 mg Carbohydrates: 25 g Fiber: 6 g Sugars: 6 g Protein: 7.4 g**

Recipes containing the  icon are designed to be Gluten-Free and contain no gluten. If you are following a gluten-free diet, remember to check all labels to confirm your ingredients are 100% gluten-free, since foods are often processed at facilities that also process wheat and other grains.

Recipes containing the  icon are designed to be Vegan and contain no animal products. Please read product labels for each ingredient to ensure this to be the case.

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