




Chickpea Shakshuka



 5 min

 25 min

 6 Servings

INGREDIENTS

- ☐ Canned Chickpeas (500 g)
- ☐ Crushed Tomato (800 g)
- ☐ Green Olives (4-5)
- ☐ Olive Oil (1 tbsp)
- ☐ Onion (1/2 cup)
- ☐ Red Bell Pepper (1/2 cup)
- ☐ Garlic (3 cloves)
- ☐ Tomato Paste (2 tbsp)
- ☐ Sugar (2 tsp)
- ☐ Smoked Paprika (2 tsp)
- ☐ Cumin (1 tsp)
- ☐ Chili Powder (2 tsp)
- ☐ Ground Cinnamon (1/4 tsp)
- ☐ Cayenne Pepper (1 pinch)
- ☐ Cardamom (1 pinch)
- ☐ Coriander (1 pinch)

Taste and adjust seasonings as needed.

- ☐ **5** Serve as is or with bread, pasta, or rice. Garnish with fresh lemon juice, additional olives, and cilantro or parsley for extra flavor.

PREPARATION

Dice the onion, chop the red bell pepper and mince the garlic. Halve the olives.

COOKING

1 Heat a large rimmed metal or cast iron skillet over medium heat. Once hot, add olive oil, onion, bell pepper and garlic. Sauté for 4-5 minutes, stirring frequently until soft.

2 Add crushed tomatoes, tomato paste, coconut sugar, sea salt, paprika, cumin, chili powder, cinnamon, cayenne pepper, cardamom, and coriander.

3 Bring to a simmer over medium heat and cook for 2-3 minutes, stirring frequently.

4 Add chickpeas and olives, reduce heat to medium-low and simmer for 15-20 minutes.

