

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)
- ☐ Chill Powder (2 tsp)
- ☐ Ground Cinnamon (1/4 tsp)
- ☐ Cayenne Pepper (1 pinch)
- ☐ Cardamom (1 pinch)
- ☐ Coriander (1 pinch)

PREPARATION

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

COOKING

- Heat a large rimmed metal or cast iron skillet over medium heat. Once hot, add olive oil, onion, bell pepper and garlic. Saut  for 4-5 minutes, stirring frequently until soft.
- Add crushed tomatoes, tomato paste, coconut sugar, sea salt, paprika, cumin, chili powder, cinnamon, cayenne pepper, cardamom, and coriander.
- Bring to a simmer over medium heat and cook for 2-3 minutes, stirring frequently.
- Add chickpeas and olives, reduce heat to medium-low and simmer for 15-20 minutes. Taste and adjust seasonings as needed.
- Serve as is or with bread, pasta, or rice. Garnish with fresh lemon juice, additional olives, and cilantro or parsley for extra flavor.

