

Chickpea and Kale Stew

Ingredients:

1 large yellow onion
3 garlic cloves, minced
2 russet potatoes, peeled and cut into 1/2-inch dice
2 teaspoons ground coriander
1 teaspoon ground cumin
1/2 teaspoon dried oregano or marjoram
1/2 teaspoon cayenne pepper
2 tablespoons tomato paste
2 cups vegetable broth, plus more if needed
6 cups chopped stemmed kale
1 red or green pepper, chopped
1 (14.5-ounce) can of diced tomatoes, undrained
1 (15.5 ounce) can chickpeas
1/2 teaspoon salt



Directions:

1. Heat the oil in a large pot over medium heat. Add the onion and cook, stirring occasionally, until softened, about 5 minutes.
2. Add the garlic, potatoes, coriander, cumin, oregano, cayenne, and tomato paste and cook, stirring, for 30 seconds.
3. Add the broth and kale and cook, stirring occasionally, to wilt the kale.
4. Stir in the bell pepper, tomatoes with their juices, chickpeas, and salt, and simmer until the vegetables are tender, about 20 minutes, adding a little more broth if desired.

5. Taste and adjust the seasonings if needed. Serve hot.