

Spicy Chickpeas

servges 6

Spicy, flavorful, and quick to prepare, this side dish appears on my kitchen table regularly.

2 T. extra virgin olive oil
3/4 cup 1/2" diced onion
1/2 cup sweet red pepper, 1/4" dice
2 cloves garlic, finely minced or pressed
3/4 cup canned crushed tomatoes
3 cups cooked chickpeas (2 cans or 1 1/2 cups dry beans cooked)
3/4 tsp. balsamic vinegar

3/4 tsp. salt
1/2 tsp. sweet paprika
1/2 tsp. chili powder
1/2 tsp. dry basil
a pinch of cayenne or crushed red pepper
or a splash of Tabasco or your favorite hot sauce
1/2 cup water or stock

Heat the oil in a large frying pan on medium high heat. Add the onion and cook for 5 minutes. Add the pepper and garlic and cook for 3-5 more minutes. Add the tomatoes and cook for 2 more minutes, turning the heat down to medium. Add the remainder of the ingredients and cook, stirring often, until the liquid has thickened into a rich gravy and the chickpeas have transformed into a stew-like consistency, about 10-12 minutes.

Serve this with cous-cous that you have prepared with olive oil, salt, and stock, and a salad for a very quick and nourishing meal. For a really quick rendition of Spicy Chickpeas, substitute 1 1/2 cups prepared salsa for the peppers, garlic, crushed tomato, vinegar, and hot spice or sauce. I've been known to get this meal, with cous cous, a vegetable, and a salad, on the table in less than 20 minutes! When you have more time, serve this as one of several side dishes for an Indian meal. Pass the cold drinks and enjoy!