

BROTHY CHICKPEA STEW

SERVINGDUMPLINGS.COM

COOK TIME: 40mins

SERVES: 4

CALORIES: 438 kcal (PER SERVING)

INGREDIENTS

100 g/3.5 oz smoked bacon, cut into strips
2 cans (400g/14 oz) chickpeas, drained
50 g/2 oz lentils, black or green
50 g/2 oz spinach leaves
2 carrots, peeled and cut into cubes
4 garlic cloves, minced
1 small onion, finely chopped
3 tbsp olive oil
2 tbsp tomato paste
1 tsp each: ground cumin, smoked paprika,
black pepper
1 bay leaf
1 tbsp lemon juice
1,5 L/6 cups vegetable or chicken broth

*ALSO

4 thick slices bread
4 thin slices cheese, cheddar or gouda
2 tbsp unsalted butter
2 tbsp olive oil
chopped chives and black pepper, for serving
Tabasco, for serving (optional)

DIRECTIONS

Heat olive oil in a large stockpot over medium heat. Add bacon, cook until golden brown and crispy. Stir occasionally. Remove from pot.

If the stockpot looks dry, add 2 tbsp oil. Add garlic and onion, sauté over low heat until fragrant, about 2 minutes. Stir in cumin, smoked paprika and black pepper. Add carrots, cook for 2 minutes.

Pour the broth and bring to a boil. Add lentils and bay leaf, cover and simmer for 20 minutes over low heat.

When the lentils are soft, but still al dente, add chickpeas and tomato paste, simmer for 5 minutes more. Add spinach and lemon juice, stir and turn off the heat. Taste, and add salt to your own liking.

While the stew is simmering, make the toasts. Heat a skillet over medium-low heat, add butter and olive oil. Place bread and toast until golden brown and crispy, about 5 minutes. Flip, top with cheese and continue to toast until cheese is melted, about 5 minutes more.

Divide soup among bowls. Place cheesy toast on top. Sprinkle with bacon, chives and season with black pepper and a few drops of Tabasco. Enjoy!

Thanks for making! ... And if you love these recipes please consider supporting me by becoming a Cooking Club Member or just buy me a coffee.