



Spiced Chickpea Stew with Coconut and Turmeric

Jean Trebek's Reliable Recipes
insidewink.com

Here it is!

The famed stew that broke the internet... and it has its own hashtag, #thestew.

This recipe hails from New York Times columnist, Alison Roman, who truly excels at creating some really down-home, delicious recipes.

Spiced Chickpea Stew with Coconut and Turmeric

Ingredients for the Soup

- 1/4 cup olive oil, plus more for serving
- 4 garlic cloves, chopped
- 1 large yellow onion, chopped
- 1 (2-inch) piece ginger finely chopped
- Kosher salt and black pepper
- 2 teaspoons ground turmeric
- 1 teaspoon red-pepper flakes
- 2 (15-ounce) cans chickpeas, drained and rinsed
- 2 (15-ounce) cans full-fat coconut milk
- 2 cups vegetable or chicken stock

1 bunch Swiss chard, kale or collard greens, stems removed,
torn into bite-size pieces

1 cup mint leaves, for serving

Yogurt, for serving (optional)

Directions for the Soup

Heat 1/4 cup olive oil in a large pot over medium heat.

Add garlic, onion and ginger.

Season with salt and pepper and cook, stirring occasionally until onion is translucent and starts to brown a little on the edges, about 4 - 6 minutes.

Add turmeric, red pepper flakes and the chickpeas...season with salt and pepper to taste.

Cook stirring frequently so the chickpeas sizzle and fry a bit in the spices and oil until they've started to break down and get a little browned and crisp, about 8 - 10 minutes.

Remove about a cup of chickpeas and set aside for garnish.

Using a wooden spoon or spatula, further crush the remaining chickpeas slightly to release their starchy insides. This will help thicken the stew.

Add coconut milk and stock, and season with salt and pepper to taste. Bring to a simmer, scraping up any bits that have formed on the bottom of the pot.

Cook, stirring occasionally until the stew has thickened, about 30 - 35 minutes.

Taste a chickpea or two, not just the liquid, to make sure they have simmered long enough to be as delicious as possible.

If after 30-35 minutes you want the stew a bit thicker, keep simmering until you've reached your desired consistency.

Determining perfect stew thickness is a personal journey...it takes time, so don't rush the process.

Add greens and stir, making sure they're submerged in the liquid. Cook until they wilt and soften, about 4 - 7 minutes, depending on what green leaf you're using. Swiss chard and spinach will wilt and soften much faster than kale or collard greens.

Season again with salt and pepper if need be.

Divide among bowls and top with a couple of mint leaves, a bit of reserved chickpeas, a sprinkle of red-pepper flakes and a good drizzle of olive oil.

Serve alongside yogurt and toasted pita, if you feel so inspired ;-)

**Find more of Jean Trebek's Reliable Recipes
on insidewink.com**

