

Chickpea Stew

INGREDIENTS

- 🍎 4 cans chickpeas
- 🍎 4 carrots, peeled and sliced]
- 🍎 4 celery sticks, sliced
- 🍎 2 onions, chopped
- 🍎 2 tbsp olive oil
- 🍎 1 tbsp tomato puree
- 🍎 2 cups tomato passata
- 🍎 2 cups water
- 🍎 1 vegetable stock cube
- 🍎 3 bay leaves
- 🍎 Salt & pepper

METHOD

- 🍎 Using a large pan over a medium heat, cook the onion, celery and carrots for about 5 minutes
- 🍎 Add the tomato puree and cook for another two minutes stirring continuously
- 🍎 Add the passata, water, stock, bay and chickpeas. Mix well
- 🍎 Bring to the boil and simmer for about 45 minutes till the chickpeas and veg are tender and the sauce is thick and really tasty
- 🍎 At this point season to taste and serve
- 🍎 Enjoy with loads crusty bread and olives.