Chickpea or Edamame Stew

Ingredients

- 2 cans chickpeas/garbanzo beans or 2 cups frozen edamame
- 1 tablespoon olive oil
- 1 large onion, chopped
- 1 large zucchini, diced
- 2 tablespoons minced garlic
- 2 teaspoons ground cumin
- 1 teaspoon coriander
- ½ teaspoon cayenne pepper, or to taste
- 2 cans diced tomatoes
- ¼ cup chopped fresh cilantro, or mint
- 3 tablespoons lemon juice

Instructions

1. Bring a large saucepan of water to a boil. Add chickpeas or edamame and cook until tender, 4 to 5 minutes or according to package directions. Drain.

2. Heat oil in a large saucepan over medium heat. Add onion and cook, covered, stirring occasionally, until starting to soften, about 3 minutes. Add zucchini and cook, covered, until the onions are starting to brown, about 3 minutes more. Add garlic, cumin, coriander and cayenne and cook, stirring, until fragrant, about 30 seconds. Stir in tomatoes and bring to a boil; reduce heat to a simmer and cook until slightly reduced, about 5 minutes.

3. Stir in the chickpeas or edamame and cook until heated through, about 2 minutes more. Remove from the heat and stir in cilantro (or mint) and lemon juice.

Adapted from http://www.eatingwell.com/recipes/egyptian_edamame_stew.html

Categories:

- Chickpeas/edamame/beans
- Diced tomatoes