African Heritage Spicy Chickpeas

SERVES 8

**Ingredients**

- 1 medium-size yellow onion
- 1 tablespoon extra virgin olive oil
- 2 teaspoons curry powder
- 1 tablespoon minced fresh ginger
- ¼ teaspoon allspice
- 1 can (15 ounces) diced tomatoes, no salt added
- 2 cans (15 ounces each) garbanzo beans, no salt added, rinsed and drained
- Pinch paprika
- Salt to taste
- ½ bunch cilantro, chopped
Directions

1. Dice onion into medium-size pieces.
2. Put 1 tablespoon of the olive oil in your pot; cook on medium heat until the oil is hot.
3. Add chopped onion and let simmer in its juices, stirring just a couple of times, until it’s translucent.
4. Add the spices. Let the spices cook into the onions for about 2 minutes.
5. Add the diced tomatoes, with their liquid and cook for another 2 minutes.
6. Add the two cans of chickpeas and toss to cover, let simmer for 4–5 minutes, stirring occasionally.
7. Add a pinch of salt. Sprinkle a pinch of paprika. Add fresh cilantro as a garnish, if desired.

Source: Oldways

This material was funded by USDA’s Supplemental Nutrition Assistance Program (SNAP) through the PA Department of Human Services (DHS). This institution is an equal opportunity provider.