

Cooking with Amanda – Lentils and Beans

Class 5 – Mediterranean Chickpea Stew with Quinoa

This one-pot dish gives you endless variations of different meal options. Adding small potatoes can make it a meal in its own right, or it can be served over cooked quinoa, rice, pasta or a baked potato.

Ingredients

- 1 large onion, chopped
- 3 garlic cloves, peeled and minced
- 2 teaspoons cumin
- ¼ teaspoon red chili flakes (optional)
- 1 red bell pepper, deseeded and chopped
- 1 medium eggplant, peeled and chopped
- 2 medium zucchini, sliced
- 4 cups (1 jar) marinara sauce
- 1 14 oz can chickpeas (or 1.5 cups cooked chickpeas)
- Salt and pepper to taste
- ¼ cup chopped parsley

Heat a little water to cover the base of a large stockpot or Dutch oven. Add the onions and garlic. Cover with a lid and steam until onion is softened. Add cumin and red chili flakes (if using) and stir into onion.

Add red pepper, eggplant and zucchini, and marinara sauce. Make sure all the vegetables are well covered by the sauce. Bring to a boil and simmer for 15 mins until the vegetables are soft.

Stir in the chickpeas. Taste the sauce and add salt and pepper, stirring to mix, until the taste is right. Simmer for 5 mins to allow the chickpeas to heat through, and the flavors to meld. Sprinkle chopped parsley before serving.

Cooking Quinoa

Ingredients:

- 1 cup quinoa (white, red or multi-colored)
- 1.5 cups water

Measure 1 cup of quinoa. Rinse in a sieve under running water.

Place quinoa in a pot with 1.5 cups water. Bring the water to a boil and simmer until done (about 8-10 mins). Grains will be fluffy and translucent, while the hard white kernels will have disappeared. Do not overcook. Drain off any excess water immediately and serve.