Spanish Chickpea Stew

SKYLINE HIGH SCHOOL
Oakland, California

Our Story

Skyline High School is located on a beautiful 45-acre campus at the crest of the Oakland Hills in California. The recipe challenge team grew out of an existing afterschool cooking academy that teaches cooking skills and nutrition. After conducting taste tests and receiving approvals by the students, the team eventually submitted not one, but two stew recipes which were selected to be featured in this cookbook: Spanish Chickpea Stew and Sweet Potato and Black Bean Stew.

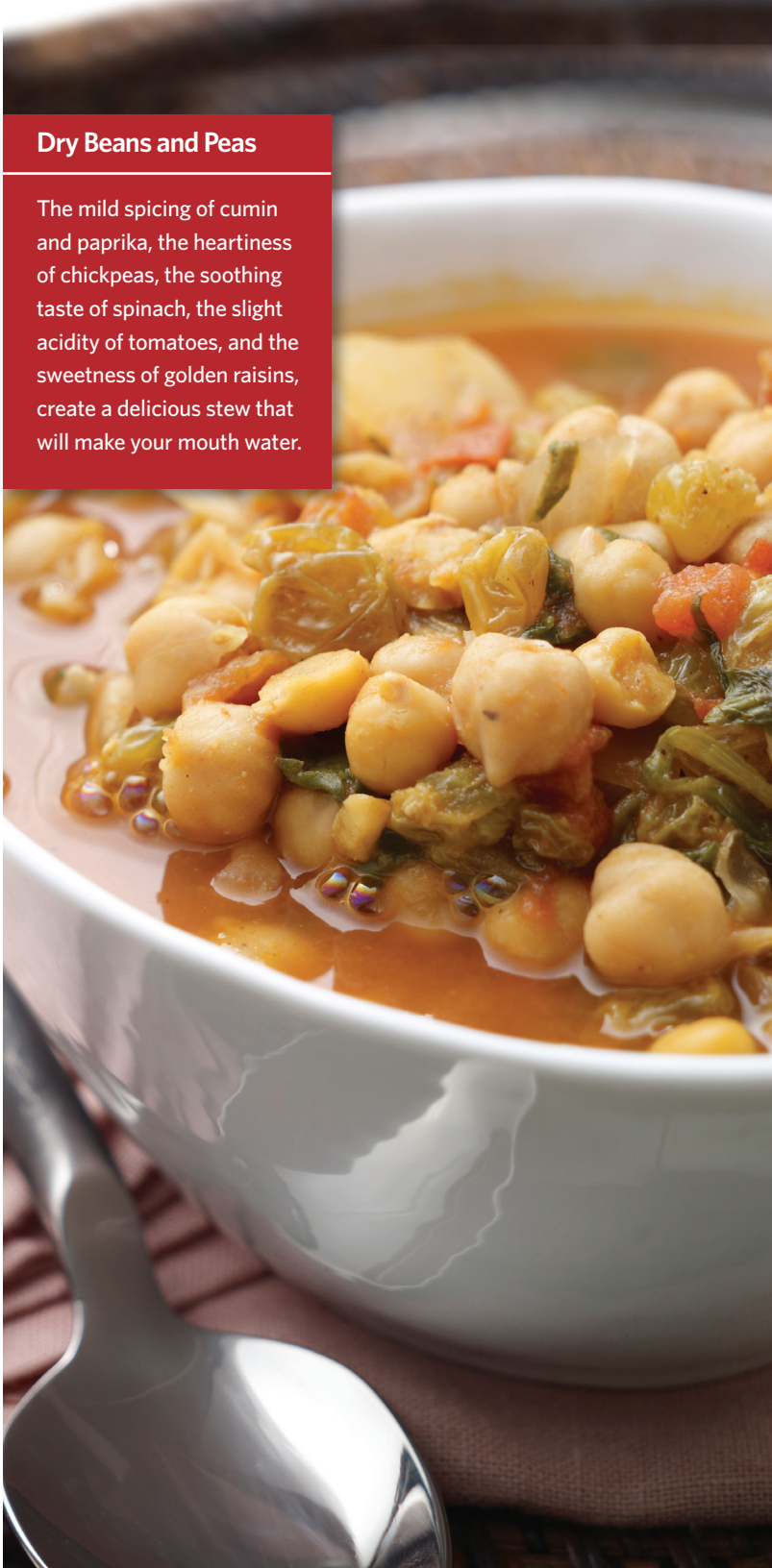
The hearty Spanish Chickpea Stew will make a delightful addition to your menu. The flavors of this stew are well-balanced by the slight acidity of the tomatoes, creating a delicious main dish when served over brown rice or whole-wheat couscous.

School Team Members

SCHOOL NUTRITION PROFESSIONAL: Donnie Barclift
CHEF: Jenny Huston
COMMUNITY MEMBERS: Rusty Hopewell (Health Center Nutritionist) and Sage Moore
STUDENTS: Karen M., Quailyn S., and Rudy R.

Dry Beans and Peas

The mild spicing of cumin and paprika, the heartiness of chickpeas, the soothing taste of spinach, the slight acidity of tomatoes, and the sweetness of golden raisins, create a delicious stew that will make your mouth water.



Spanish Chickpea Stew

Ingredients

3 Tbsp Extra virgin olive oil

2 tsp Fresh garlic, minced

2 cups Fresh onions, peeled, diced

2 tsp Sweet paprika

½ tsp Ground cumin

3 cups Frozen spinach, chopped

2 cups Canned low-sodium garbanzo beans (chickpeas), drained, rinsed

¾ cup Golden raisins

1 cup Canned low-sodium diced tomatoes

1 ½ cups Low-sodium chicken stock

1 Tbsp Red wine vinegar

¼ tsp Salt

¼ tsp Ground black pepper

Preparation Time: 15 minutes
Cooking Time: 20-25 minutes
Makes six 1-cup servings

Directions

1. In a large pot, heat olive oil over medium heat.

2. Add garlic and cook for 1 minute. Add onions and continue to cook for 2-3 minutes until onions are translucent.

3. Mix in paprika and cumin.

4. Add spinach and cook for 7 minutes.

5. Add garbanzo beans (chickpeas), raisins, tomatoes, and chicken stock. Bring to a boil.

6. Reduce heat to low and simmer uncovered for 7-10 minutes, or until raisins are plump.

7. Add vinegar, salt, and pepper. Mix well. Serve hot.

1 cup provides:

Legume as Meat Alternate: 1 ½ oz equivalent meat alternate, ⅛ cup dark green vegetable, ¼ cup other vegetable, and ¼ cup fruit.

OR

Legume as Vegetable: ⅜ cup legume vegetable, ⅛ cup dark green vegetable, ¼ cup other vegetable, and ¼ cup fruit.

Legume vegetable can be counted as either a meat alternate or as a legume vegetable but not as both simultaneously.

Nutrients Per Serving: Calories **241,** Protein **8 g,** Carbohydrate **38 g,** Dietary Fiber **6 g,** Total Fat **8 g,** Saturated Fat **1 g,** Cholesterol **0 mg,** Vitamin A **3325 IU (159 RAE),** Vitamin C **7 mg,** Iron **2 mg,** Calcium **93 mg,** Sodium **156 mg**