

Artichoke and Chickpea Stew

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A savory chickpea stew inspired by the flavors of the Mediterranean that takes only minutes to prepare! This aromatic stew features tender chickpeas, zesty artichoke hearts, and flavorful vegetables simmered in chicken stock for a comforting and rustic soup. Pair it with crusty french bread and a savory side salad for a hearty and perfect meal any time.

Ingredients:

2 tbsp olive oil
1 medium onion, chopped
6 cloves garlic, minced
1/8 tsp red pepper flakes
2 carrots, peeled and chopped
4 medium roma tomatoes, chopped
1 (15 oz) can artichoke hearts, drained and coarsely chopped
1 (15.5 oz) can garbanzo beans, drained
1 quart chicken broth
1 Tbsp chopped fresh sage
1 tsp lemon juice
salt and pepper, to taste

Directions:

1. In large soup pot or Dutch oven, heat oil in large pot over medium heat. Add onion, and cook until translucent. Add garlic, and chili flakes and cook until tender, about 2 minutes.
2. Stir in carrots, tomatoes, artichokes, garbanzo beans, and chicken broth. Bring to a boil over medium-high heat, and reduce heat to low and simmer 15 minutes, or until carrots are tender.
3. Add sage, lemon juice, salt and pepper and cook for 5-10 further. Serve hot, topped with fresh sage if desired.

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