



## Chickpea Stew with Raisins & Cumin

Enjoy the contrast of flavors in this one!

- *from Denise's Kitchen*

### Ingredients:

2 tbsp of healthy cooking oil (I like to use grape seed or coconut oil.)  
4 medium organic red potatoes, cubed with skin on  
1 3/4 cups of thickly sliced organic carrots  
1 cup of chopped organic green onions  
1/2 tsp of sea salt  
Black pepper to taste  
1 can of organic chickpeas (Reserve the liquid!)  
3/4 cup of organic raisins  
1 1/4 tsp of ground organic cumin  
Nearly 1 tsp of pumpkin pie spice  
Juice of 1 organic lemon  
3 cups of fresh organic spinach leaves  
1/2 tsp of organic sugar

### Directions:

Chop up your vegetables & set aside. Heat oil in a large skillet over medium-high heat. Add potatoes, carrots, green onions, salt & pepper. Sauté about 3 minutes. Add the liquid from your can of chickpeas, as well as the raisins, cumin & pumpkin pie spice. Blend & simmer over low heat for 8 minutes. Add one cup of the chickpeas & cover, simmering 4 more minutes until the potatoes & carrots are just tender. Place the remaining chickpeas in a shallow bowl & mash them with a fork. Add the lemon juice to this & stir. Spoon this mixture into the stew. Lastly, place the spinach leaves across the top of your stew & toss gently about 2 minutes until the spinach is just wilted. Add some water if necessary, as well as more salt, pepper, and 1/2 tsp of sugar to your liking. Serve with crusty rolls & a SMILE! Serves 2-3.