

Garbanzo Bean Tomato Stew

Chickpeas are rich in fiber and protein and contain several key vitamins and minerals. Some benefits may include helping reduce the risk of Type 2 Diabetes and supporting brain and nervous system function.

Ingredients

- 2 cans of 15 oz garbanzo beans, rinsed and drained
- 2 cans of 10.75 oz tomato soup
- 1 teaspoon of your choice of oil
- 2 cups of water or low-sodium vegetable broth (optional)
- ½ cup chopped onion (optional)
- ½ cup chopped carrots (optional)
- 2 garlic cloves, minced (optional)
- Other optional ingredients: salt, black pepper, rosemary, bay leaves, baby spinach

Directions

- Step 1 - Optionally, you can add vegetables such as onions, carrots, and baby spinach. Sauté your desired vegetables for approximately five minutes, stirring occasionally, until they soften. If you choose to include garlic, add it and continue cooking for an additional two minutes, stirring frequently. If the garlic begins to stick, you can add a tablespoon or two of water to prevent burning.
- Step 2 - Pour the cans of tomato soup into the pot. Add optional ingredients to your liking. Stir the mixture and cook until the tomato soup begins to bubble. If desired, add the broth or water to the pot, and reduce the heat to a simmer. Allow the soup to cook uncovered for an additional 10 minutes.
- Step 3 - Add the rinsed and drained garbanzo beans to the pot and continue cooking for another 5 minutes.

Notes

- Leftover stew will keep for up to five days in an airtight container in the fridge, and it can be frozen for up to 1 month.

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