



Chickpea Tajine

Instructions

Serves: 4

1. If you use dried chickpeas, cover with water and soak over-night in fridge or on counter. Drain, rinse, place in heavy casserole and cover with water to 2 inches over the chickpeas. Bring to boil, reduce heat to simmer, and simmer at least one hour until tender. Drain and set aside. If using canned chickpeas, skip step 1.
2. Heat oil in skillet and sauté the onion and chili for 1 minute.
3. Add garlic, cumin, paprika, ginger, cinnamon, and saffron or turmeric and sauté for 1 minute.
4. Stir in tomatoes, salt, pepper, 2 Tablespoons of the parsley, and 2 Tablespoons of the cilantro, and drained chickpeas.
5. Cover and simmer 15-20 min, stirring once or twice. Top with the remaining tablespoon of parsley and cilantro just before serving.

Ingredients

- 1 (16 oz) can garbanzo beans (see note below on using dried)
- 1 Tablespoon olive oil
- $\frac{3}{4}$ cup thinly sliced yellow onion
- 3 garlic cloves, chopped
- 2 fresh green chilis (optional), seeds and stems removed, sliced
- $\frac{1}{2}$ teaspoon cumin
- $\frac{3}{4}$ teaspoon paprika
- 1 teaspoon ginger, fresh or powder
- $\frac{1}{2}$ teaspoon cinnamon
- $\frac{1}{4}$ teaspoon saffron (optional), consider soaking in a little hot wine first
- $\frac{1}{2}$ teaspoon turmeric (optional)
- 2 $\frac{1}{2}$ cup tomatoes, chopped or use canned
- 1 teaspoon salt
- $\frac{1}{4}$ teaspoon pepper
- 3 Tablespoons parsley, chopped (optional)
- 2 Tablespoons cilantro, chopped, fresh (optional)