



Chickpea Chicken Stew

Makes 6 servings

Ingredients:

- 1 ¼ pound boneless, skinless chicken thighs cut into 1-inch pieces (excess fat trimmed)
- ¼ teaspoon kosher salt
- ¼ teaspoon freshly ground black pepper
- 2 tablespoons extra-virgin olive oil
- Additional 1 tablespoon olive oil
- 1 medium onion, diced ⅓ inch or so (about 1 cup)
- 3 cloves garlic, minced
- ½ teaspoon ground cumin
- ½ teaspoon ground coriander (I didn't have coriander so I subbed Italian seasoning)
- ¼ teaspoon ground cinnamon
- Pinch crushed red pepper flakes, or more as needed
- ½ tsp kosher salt
- ¼ tsp ground pepper
- One 14.5- ounce can diced tomatoes, with their juices
- One 8-ounce can tomato sauce
- One 15-ounce can chickpeas, drained and rinsed
- ¾ cup water
- 5 oz fresh baby spinach, stems removed

Instructions

Season the chicken all over with the salt and pepper.

Heat 2 tablespoons of the oil in a large, wide-bottomed saute pan over medium-high heat. Once the oil shimmers, add the seasoned chicken and cook for about 4 minutes total, stirring once or twice until it has browned, then transfer it to a small bowl.

Add the remaining tablespoon of oil to the pot and reduce the heat to medium. Add the onion and cook for 5 minutes, stirring, until it has softened. Add the garlic and cook for 30 seconds, then stir in the cumin, coriander or other seasoning, cinnamon, crushed red pepper flakes and the remaining ½ teaspoon of salt and ¼ teaspoon of pepper.

Add the diced tomatoes with their juices, the tomato sauce, rinsed and drained chickpeas and water. Bring to a boil, then reduce the heat to medium-low, cover and cook for 8 minutes.

Return the chicken with any accumulated juices to the pot; cover and cook for 8 more minutes, until the chicken is tender and cooked through. Take off the lid, stir in the spinach and cook until it is wilted, 1 minute more. Taste, and add more crushed red pepper flakes, salt or pepper as needed. Serve hot.