



## CONNIE'S TEST KITCHEN RECIPE

### Chickpea, Lentil, and Vegetable Stew

Courtesy of Dana Treat, Adapted from *Bon Appétit* recipe  
**Serves about 4**

Dana serves this with brown rice but it is also good with basmati rice or with steamed quinoa. If you are going to make this ahead of time, wait to add the spinach until you reheat it so it retains the lovely green color.



- Olive Oil
  - 1 large onion, chopped
  - 3 garlic cloves, minced
  - 3 tbsp. tomato paste
  - 2 tsp. ground coriander
  - 1 tsp. caraway seeds
  - ½ tsp. cayenne pepper
  - 2 cups light vegetable broth
  - 2 cups water
  - 1 cup dried lentils
  - 1 15-oz. can chickpeas, rinsed and drained
  - 2 medium carrots, peeled and sliced ¼-inch thick
  - 1 cup frozen lima beans or edamame
  - ½ cup chopped parsley
  - 10 oz. fresh baby spinach
  - Lemon wedges for garnish and seasoning
1. Heat a Dutch oven over medium heat. Add just enough olive oil to coat the bottom and then add the onions. Cook for 5 minutes, stirring occasionally, then add the garlic. Cook another 3 minutes. Add the tomato paste and all the spices; stir 1 minute. Stir in broth, water, and lentils. Increase heat to high and bring to a boil. Reduce heat, cover, and simmer until lentils are almost tender, stirring occasionally, about 15 minutes.
  2. Add chickpeas, carrots, lima beans, and half the parsley. Cover; simmer until carrots are very tender, about 20 minutes. This dish can be made one day ahead of time. Cover and chill. Bring to a simmer before continuing. Refrigerate remaining parsley for garnish.
  3. Stir spinach into stew in batches until wilted. Season with salt and pepper. Ladle into bowls with rice. Garnish each bowl with remaining parsley and serve with lemon wedges.

