

Tomato Braised Chickpeas

TOTAL TIME
60 min

SERVING / SIZE
250 mL (1 cup)

SERVINGS
16



Spiced with oregano, cumin and smoked paprika, this one-pan vegetarian stew served with toasted Italian bread makes a simple and healthy meal for lunch or dinner.

MADE WITH



Classic Tomato (Reduced Sodium)

CASE CODE 18987

Ingredients

125 mL	Olive oil
500 mL	Onion, diced
60 mL	Garlic, minced
60 mL	Cumin
60 mL	Paprika, smoked
60 mL	Thyme, dried leaves
15 mL	Black pepper, ground
2.8 L	Chickpeas, canned, rinsed, drained
4 L	Collard greens (or spinach)
177 mL	Apple cider vinegar
500 mL	Water
1 can (1.36 L)	Classic Tomato (Reduced Sodium)
80 mL	Cilantro

Directions

- 1 Heat a large pot over medium-high heat. Add oil and onions. Cook for 5 minutes. Stir in garlic. Cook, stirring for another 3 minutes.
- 2 Add all spices. Mix well to combine.
- 3 Add chickpeas. Stir to combine until all chickpeas are coated. Cook, stirring for 5 minutes.
- 4 Add collard greens. Stir to combine. Cook for 5 minutes or until greens start to wilt.
- 5 Add apple cider vinegar and water. Stir and scrape the bottom of the pot.
- 6 Add *Campbell's*® Condensed Reduced Sodium Tomato Soup. Stir until well combined. Bring to a boil. Reduce heat to a simmer. Continue to simmer for 20–25 minutes, stirring occasionally.

CCP: Heat to a minimum internal temperature of 74°C (165°F) for 1 minute.

CCP: Hold for hot service at 60°C (140°F)

To Serve

Portion 250 mL (1 cup) into a bowl. Recommended to serve with *Campbell's*® Cooked Rice. Garnish with 5 mL (1 tsp) chopped cilantro. Serve immediately.