

# Moroccan Chickpeas with Tomato

## INGREDIENTS

- ~ 1 medium onion, small dice
- ~ 1 Tablespoon olive oil (or oil of choice)
- ~ 1½ cups cooked chickpeas or one 15-oz can drained
- ~ 1 cup canned crushed or diced tomato
- ~ ¾ cup water or stock
- ~ ½ teaspoon cumin
- ~ 1 teaspoon paprika
- ~ ¼ teaspoon cinnamon
- ~ ½ teaspoon salt to taste
- ~ 2 Tablespoons fresh chopped cilantro or parsley or 1 Tablespoon dry

## DIRECTIONS

- 1 Heat oil in pan and saute onion over medium heat until soft.
- 2 Add cumin, paprika and cinnamon. Stir until toasted and fragrant.
- 3 Add tomato, chickpeas, and water or stock. Simmer on low heat for 15 minutes. Add cilantro or parsley and serve.

### Options

- ~ Add 2 cups chopped fresh spinach and cook about another minute.
- ~ Add cauliflower and cook for the last 5 minutes.
- ~ Add cooked Chicken at the end and serve over rice for an entree.

## NOTES

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