



Chickpea Shakshuka

Prep: 10 minutes | Cook: 35 minutes | Total: 45 minutes

Yield: 2 servings | Serving Size: 1¾ cups

Ingredients

- 1 tablespoon olive oil
- 1 medium bell pepper, diced (about 1 cup)
- ½ cup diced onion (about ½ medium onion)
- 1 clove garlic, minced (about ½ teaspoon)
- 2 teaspoons chili powder
- 1 teaspoon sweet or smoked paprika
- 1 teaspoon ground cumin
- ¼ teaspoon ground cinnamon
- 1 (14.5-ounce) can no-salt-added diced tomatoes
- 1 (15-ounce) can garbanzo beans (chickpeas), drained and rinsed

Directions

1. Heat a large skillet or sauté pan over medium-high heat.
2. Add the oil and heat until shimmering.
3. Add the bell pepper and onion. Cook until softened, about 3-5 minutes, stirring often.
4. Add the garlic, chili powder, paprika, cumin, and cinnamon. Cook and stir until fragrant, about 1 minute.
5. Add the diced tomatoes with their juice. Stir to combine.
6. Bring to a simmer, then continue cooking for 3 minutes, stirring often.
7. Add the beans and stir to combine, then reduce the heat to maintain a gentle simmer (steaming, little to no bubbling).
8. Cook until the flavors have blended, about 10-15 minutes, stirring occasionally.
9. Serve warm.

**Nutrition Facts Per Serving: Calories: 385 | Total Fat: 10.5 g | Saturated Fat: 1.5 g
Sodium: 485 mg | Total Carbohydrate: 63 g | Dietary Fiber: 13 g | Protein: 13 g**

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