



Greek Chickpea Stew with Lemon

Recipe by physicalfoodie

Course: **Entrées**

Prep time
15 minutes

Cooking time
1 hour 15 minutes

Total time
1 hour 30 minutes

This chickpea stew is so hearty and full of flavor, that it is hard to believe that it is so good for you.

Ingredients

- 2 tablespoon avocado oil
- 2 medium carrots, chopped
- 2 large stalks of celery, chopped
- 1 medium onion, chopped
- 3 cloves of garlic, minced
- 1 teaspoon thyme
- 2 sprigs of rosemary
- 3 cans of chickpeas
- 2 ½ cups of low sodium chicken or vegetable stock
- ¼ teaspoon ground pepper
- juice of 2 lemons
- zest of 2 lemons
- salt to taste

Directions

- 1** Heat oil in a large pot. Sauté chopped onions, carrots and celery for about 7-10 minutes, continuously stirring.
- 2** Add in minced garlic, and stir some more for another 3-5 minutes.
- 3** As they are cooking, drain and rinse chickpeas and set aside.
- 4** Slowly pour stock into the pot and add in drained chickpeas.
- 5** Add thyme, rosemary, pepper, lemon juice and zest and allow to cook for an hour or until the chickpeas are soft and most of the liquid has evaporated.
- 6** Once done, allow to cool a bit and take out about a cup of chickpeas and liquid. Using an emersion blender, blend the separated chickpeas and liquid in a bowl until all is smooth. Pour blended chickpeas

back into the pot with the remaining stew and mix well. Allow to cook and enjoy!

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