

Stewed Chickpeas with Berbere!

Providing two options- one with dried beans, one with canned (for the quick meal). Berbere is a spice blend native to regions in north and east Africa, namely Ethiopia. I would suggest buying a blend online from an authentic Ethiopian producer or if you're fortunate enough to live near an Ethiopian Market (as I am in Oakland, CA!). You'll find yourself using the blend on all sorts of vegetable and legume recipes. The quick shortcut below is exactly that- a shortcut! But it will do in a pinch.

Stewed chickpeas with berbere

Serves 4-6 with leftovers

4 14 oz cans of garbanzo bean, including the liquid (do not drain!) **or** 2 cups of dried garbanzo beans, soaked overnight in ample water, drained and 4 cups of water combined with rehydrated beans

½ cup of olive oil

1 28 oz can of ground tomatoes

1 large onion

3 medium-large carrots, peeled and diced

4-5 garlic cloves chopped

2- bay leaves

Berberere (substitute ~4 Tbsp of Berbere if you have)

1 2-inch piece of cinnamon bark

1.5 tbsp dried oregano or marjoram

1.5 tbsp ground cumin

1.5 tbsp caraway seeds (ground)

1.5 tbsp (or more if you like heat) of Hot Paprika

Optional: 1 pinch of saffron

If using dried beans, add the rehydrated beans with water into a large Dutch oven. Mix in the remaining ingredients and bring to a boil over medium high heat. Place in an oven heated to 300 degrees and cook for 2 hours until the beans are tender but not falling apart. Season to taste with salt

If using canned beans, add everything into a pot and bring to a boil over medium heat. Turn the heat to medium low and simmer for 20 minutes at least but up to an hour. Serve with your grain of choice or crusty bread.