Red Red with Canned Chickpeas (Ghanian Stew)

Traditional Red Red Stew is made with dry chickpeas or black-eyed peas, but canned variations are a convenient, time-saving substitution. Palm oil is commonly used in Ghana as a fat source, but avocado oil has a high smoke point and a favorable fatty acid profile and is a recommended substitute.

Yield: 5, 1 ½ cup servings

Ingredients:

1 (15 oz) can	Chickpeas, low sodium, drained and rinsed
2 T	Avocado or canola oil
1 large	Yellow onion, chopped
1 med.	Red bell pepper, chopped
3-6 cloves	Garlic, minced
3 tsp.	Fresh ginger, peeled and grated
8 oz.	Tomato sauce
2 large	Tomatoes, chopped
1 tsp.	Curry powder
¼ tsp.	Cayenne powder
2 cups	Spinach, fresh, rough-chopped

Instructions:

1. In a large stewpot, heat oil on medium heat. Add chopped onion, cook until softened and fragrant.
2. Add red bell pepper, garlic, bell pepper. Sauté for 3-5 minutes.
3. Add tomato sauce, spices, and chickpeas. Cook for 10 minutes until mixture is bubbly and reduce to a simmer. Use a fork to mash about ¼ of beans against side of pot, creating a creamy texture. Add spinach, cook for 3 min. more until wilted.
4. Add salt and ground black pepper to taste. Serve with rice or plantains.

Nutrition facts 315 calories| 8 g fat | 28 g carbohydrate | 12 g protein | 10 g fiber

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