

Portion Size: 1 Cup of Stew, and 1 Egg per serving

## Chickpeas and Potato Stew with Spinach and Egg

Great as a vegetarian breakfast or lunch entrée

Yield: 6 servings

3/4 cup	Diced Onions, Fresh	1/4 tsp	Ground Black Pepper
1 tsp	Minced Garlic Cloves, Fresh	2 tbsp	Oil, Olive Canola Blend
1 each	Whole Bay Leaf	1 tsp	Ground Cumin
12 oz	Potatoes, Red Skin, Large Diced	2 tbsp	Lemon Juice, Fresh
3/4 cup	Tomato Sauce, Canned	2 oz	Spinach, Baby
1 cup	Water	2 oz	Arugula Lettuce Leaf
3 cup	Cooked Dried Garbanzo Beans	3 tbsp	Parsley, Fresh, Chopped
3/4 tsp	Kosher Salt	6 each	Eggs, Fresh



In a hot pan, drizzle oil and sauté onions until translucent. Add the garlic and toast for 30 seconds without burning. Add bay leaf, potatoes, beans, water and tomato sauce. Bring to a boil and lower heat to simmer and cook covered until potatoes are tender, about 15 minutes. Season with salt, freshly ground black pepper, cumin and fresh lemon juice. Just before serving, add the spinach and arugula to wilt and garnish with fresh chopped parsley. Poach eggs in simmering water and place on top of stew.

**Chef's Notes:** Nutritionals for this recipe calls for dry beans cooked. Canned cooked garbanzo beans can be used but sodium content will be different. Make sure to rinse canned beans to rid of some sodium. Serve with a thick slice of rustic bread.

Calories (kcal)	Protein (g)	Carbohydrate (g)	Total Fat (g)	Cholesterol (mg)	Sodium (mg)	Sat Fat (g)	Dietary Fiber (g)
271.2	13.5	32	10.7	163.7	553	2.2	7.1