

Smoky Chickpea Skillet

By Chef Del Sroufe

This hearty skillet is the kind of meal you can pull together quickly with pantry staples. Chickpeas simmer with onions, garlic, and smoky spices until the flavors deepen and everything comes together in one satisfying dish. It's simple, comforting food that works well on its own or spooned over rice, grains, or roasted potatoes.

Yield: serves 4

What You'll Need

1 cup diced yellow onion
3 cloves garlic, minced
½ cup water or vegetable broth
1½ tsp smoked paprika
1 tsp ground cumin
½ tsp ground coriander
1 (15-oz) can diced tomatoes
3 cups cooked chickpeas
2 cups chopped kale
Sea salt and black pepper to taste
1 Tbsp lemon juice
Cooked brown rice for serving

How To Make It

1. Place a large skillet over medium heat.
2. Add the onion and sauté for 7 to 8 minutes until the onions start to brown and turn translucent.
3. Add the garlic, smoked paprika, cumin, and coriander and cook for 1 minute.
4. Add the tomatoes and chickpeas and bring to a simmer. Cook for 10 minutes until the liquid is slightly reduced.
5. Stir in the kale and cook until wilted, about 5 minutes.
6. Season with sea salt and black pepper to taste and add the lemon juice. Mix well.
7. Serve over brown rice.