

## Chick-pea, Tomato & Basil Stew Recipe

1 tbsp olive oil  
1 onion, chopped  
2 large cloves garlic minced  
3 large tomatoes chopped or 24 oz can  
½ tsp paprika  
½ tsp oregano  
2 potatoes peeled & diced  
¼ c chopped fresh basil or ½ tsp dry  
1 cup water or vegetable stock  
1 19oz can chick-peas  
Salt, pepper, fresh parsley

Heat oil, cook onion 3- 5 min. Add garlic, 2 tomatoes, basil (if dried), paprika, oregano. Bring to boil, simmer 5 min. Add potatoes and water, cover and boil 5 min. Add chick-peas, reduce heat, simmer 3 – 5 min until potatoes are tender. Add remaining tomato, basil if fresh, salt & pepper. Heat 1 min. Garnish with parsley. (300 cal, 7 gr fat, high fibre, iron)