

African Heritage Spicy Chickpeas

8 Servings

Ingredients

1 tablespoon extra-virgin olive oil
1 medium yellow onion
1 teaspoon ginger
1/4 teaspoon allspice
A pinch of cayenne pepper

1 teaspoon curry powder
1 (15-ounce) can diced tomatoes, no salt added
2 (15-ounce) cans chickpeas, no salt added, or thoroughly rinsed and drained
Salt

Instructions

1. In a deep pan, shallow pot, or Dutch oven, heat one tablespoon olive oil on medium heat. Add the diced onions and let them simmer in their juices, stirring just a couple of times, until they are translucent (about 4 minutes).
2. Add the ginger, allspice, cayenne pepper and curry powder to the onions, stirring for about 2 minutes, until the spices are incorporated and fragrant.

3. Add the diced tomatoes, with their liquid, and cook for another 2 minutes. Add the two cans of chickpeas and toss to cover; let them simmer on medium-low for 7–10 minutes, stirring occasionally.
4. Finally, add a pinch or two of salt to taste.

Oldways recipe and photo. This recipe is from our cooking program, A Taste of African Heritage. Watch our video about the program here: <https://oldwayspt.org/recipe/african-heritage-spicy-chickpeas/>



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