

# Chickpea & Peanut Stew

1 Tbsp. olive oil  
1 medium onion, chopped

2 cloves garlic, minced  
1 mild green chile, chopped, or 1 4-oz. can diced green chiles

3 T. peanut butter  
1 15-oz. can diced tomatoes, with juice  
1 15-oz. can chickpeas, drained  
½ tsp. ground cumin  
1 tsp. ground coriander seed  
½ tsp. turmeric  
1 medium zucchini or yellow squash, halved lengthwise and then sliced  
1 green bell pepper, diced  
4 oz. mushrooms, sliced

Salt and freshly-ground black pepper

4 c. broccoli, cut into small florets

In a large saucepan, brown the onions in the oil. Add the garlic and chile and cook for another minute or two. Add the diced tomatoes and their juice, then mix in the peanut butter. Add the chickpeas, cumin, coriander, turmeric, squash, green pepper and mushrooms. Bring to a boil, reduce heat, cover and simmer for about 10 minutes.

Remove cover and stir. Season to taste with salt and freshly-ground black pepper.

Put broccoli on top of the stew (don't mix it in yet), partially cover and simmer for 8 to 10 more minutes, until broccoli is bright green. Stir broccoli into the rest of the stew.

Serve immediately over rice.

4 servings

**Per serving: 265 calories; 16g protein; 12g fat; 31g carbohydrate; 0mg cholesterol**

**Source: Kate's Cookery Site - <http://www.earth.li/~kake/cookery/> (modified by jgm)**