

Vegan Chickpea, Lentil and Kale Stew

by Angela Simpson

eat-spin-run-repeat.com

Prep Time: 15 mins

Cook Time: 30 mins

Ingredients (about 8 cups)

- 2 tsp extra virgin olive oil
- 2 medium cloves of garlic, minced
- 1/2 white onion
- 1 cup carrot coins
- 1 tsp each dried basil, oregano and parsley
- 1 cup brown lentils (ideally soaked for a few hours beforehand)
- 28 fl oz canned diced tomatoes
- 2 cups diced zucchini
- 2 cups water
- 1 tbsp minced fresh sage
- 1 1/2 cups cooked chickpeas
- 2 cups de-stemmed loosely packed kale
- sea salt and black pepper to taste



Instructions

Heat the olive oil over medium heat for 1 minute, then add the garlic, onion and carrots. Sauté for 2 minutes or until the onion begins to become translucent. Add the dried herbs, lentils, tomatoes, zucchini, water and chickpeas. Stir well, then bring the pot to a boil. Reduce to medium, cover and allow the stew to simmer for 20 mins.

Remove the pot from the heat. Remove the lid and stir in the fresh sage and chopped kale. Put the lid back on the pot and allow the kale to wilt in the stew for 5-10 minutes. Season to taste with sea salt and black pepper.

*Note: If working with uncooked chickpeas, it's ideal to soak them overnight if possible. (They cook much faster this way!) Then, rinse them off and start cooking them in a separate pot about 30 minutes before starting to cook the stew. They should be fully cooked by this time, however, unsoaked chickpeas will require longer.