

This recipe is from BodyTrim weight loss program. Great if you can provide the vegetables like peppers, onions, garlic and parsley from your own garden or the local farmers market. You can also use your own cooked chick peas (cooked soft). If you make the full amount it will keep for the next day or freeze the leftovers.

## Spicy tomato and chickpea stew

### Ingredients

- 1 Tbsp olive oil
- 2 onions, sliced
- 4 cloves garlic, crushed
- 1 Tbsp ground cumin
- 1 Tbsp ground coriander
- 1 tsp sweet paprika
- 2 x 400g cans of chopped organic tomatoes
- 425gm organic tomato puree
- 2 x 425g tins organic chickpeas
- 200g fresh peppers chopped
- 1 cup chopped flat leaf parsley
- 1 Tbsp honey (organic)

### Method

Heat the olive oil in a frying pan, stir in the onions and cook for 4 minutes over moderate heat.

Add the chopped peppers and stir for a further 4-5 minutes. Mix in the garlic and the spices and cook for 1-2 minutes. Stir in the chopped tomatoes, honey, tomato puree and chickpeas.

Bring to the boil, then reduce the heat and simmer for about 15 minutes.

Season well with salt and pepper, stir in the parsley and serve with a salad.

