



## Smoky Chickpea & Tomato Stew

Pantry-friendly and deeply cozy—smoked paprika, tomatoes, and chickpeas simmer into a spoon-able, satisfying stew.

Servings: 2   Prep Time: 10 minutes   Cook Time: 20-25 minutes

### Ingredients:

- 1 tbsp olive oil
- 1 small yellow onion, finely chopped
- 2 cloves garlic, minced
- 1 tsp smoked paprika (sweet or hot)
- ¼ tsp crushed red pepper (optional)
- 1 can (15 oz) chickpeas, drained and rinsed
- 1 can (14.5 oz) crushed or diced tomatoes
- ½ cup low-sodium vegetable or chicken broth (plus more as needed)
- ½ tsp kosher salt, more to taste
- Freshly ground black pepper
- 1–2 tsp olive oil for finishing (optional)
- Fresh parsley or dill, chopped (optional)
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### Instructions:

1. Warm olive oil in a medium pot over medium heat. Sauté onion with a pinch of salt until translucent, 4–5 minutes. Stir in garlic; cook 30 seconds.
2. Add smoked paprika and crushed red pepper; cook 15 seconds to bloom the spices.
3. Stir in chickpeas, tomatoes, and broth. Bring to a gentle simmer and cook 12–15 minutes, adding a splash more broth for a looser texture if you like.
4. Season with salt and pepper. Off heat, swirl in a teaspoon or two of olive oil for richness.
5. Serve in warm bowls with herbs on top.

### Serving Suggestions:

Great with toasted sourdough, a dollop of yogurt, or over rice. For a heartier version, add a handful of chopped spinach in the last 2 minutes.

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