

Turkish Potatoes & Chickpeas

Yield: 4 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/turkish-potatoes-recipe>

Ingredients:

- 2 tablespoons grape seed oil
- 1 onion large, diced
- 2 garlic cloves thinly sliced
- sea salt
- 1 tablespoon tomato paste
- 2 tablespoons baharat Turkish
- 1/2 teaspoon cayenne pepper
- 15 ounces crushed tomatoes
- 1 pound yukon gold potatoes cut into bite-sized chunks
- 1 cup vegetable stock
- 2 1/2 cups chickpeas cooked

Nutrition:

1. Calories: 310 calories
2. Carbohydrate: 50 grams
3. Fat: 8 grams
4. Fiber: 11 grams
5. Protein: 11 grams
6. SaturatedFat: 0.5 grams
7. Sodium: 920 milligrams
8. Sugar: 2 grams

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