

# Vegan Chickpea Stew

Yield: 4 min  
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/siro-recipe-east-africa>

## Ingredients:

- 2 cans chickpeas do not drain!
- 2 tablespoons olive oil
- 1 onion large, finely chopped
- 2 cloves garlic grated
- 1 red bell pepper medium, diced
- 2 Roma tomatoes medium, diced
- 2 medium carrots peeled, diced
- 1 teaspoon dried parsley
- 1 teaspoon dried basil
- 1 teaspoon dried oregano
- 2 bay leaves
- 1 can tomato paste
- 2 cups water
- 1 teaspoon salt
- 1/2 teaspoon black pepper

## Nutrition:

1. Calories: 390 calories
2. Carbohydrate: 65 grams
3. Fat: 9 grams
4. Fiber: 13 grams
5. Protein: 13 grams
6. SaturatedFat: 1 grams
7. Sodium: 1500 milligrams
8. Sugar: 8 grams

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