



## Chorizo and Chickpea Stew

 Dairy Free  Very Healthy

READY IN



40 min.

SERVINGS



4

CALORIES



1019 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 bay leaves
- 28 ounce cherry tomatoes canned
- 2.8 cups bulgar wheat
- 12 ounces chorizo halved cut into coins and then
- 0.5 cup apricots dried with scissors, optional snipped soft ( 16)
- 4 servings cilantro leaves fresh chopped
- 1 teaspoon ground cinnamon
- 2 teaspoons kosher salt

- 30 ounce beans mixed rinsed drained canned (garbanzo)
- 2 tablespoons regular olive oil
- 2 ounces vermicelli
- 4 servings salt and pepper
- 0.3 cup amontillado sherry
- 1 quart water

## Equipment

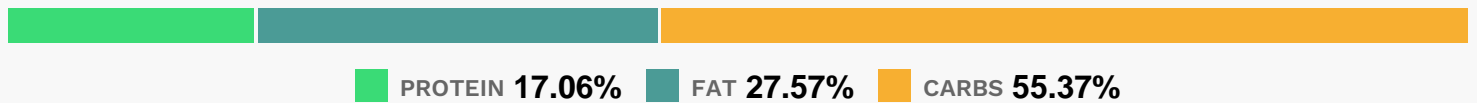
- frying pan
- sauce pan
- stove

## Directions

- If ever there were justification for cupboard love, this would be it: a full-on feast thrown together to enormous effect, simply with ingredients that you can more or less keep on permanent standby. And, like so many of these recipes, it's pretty well instant. After all, if you haven't got time to shop, it's hardly likely you'll be able to spend many hours at the stove.
- I am, anyway, a huge fan of bulgar wheat – think couscous, only more robust – but cooked like this, with some strands of pasta tossed in hot oil first, it really has something extra. I was taught to do this, just chatting stoveside, by an Egyptian friend when I was in my twenties, and I've never seen any reason to change the drill. He, actually, didn't use torn-up spaghetti but, rather, lokshen, which are the short lengths of vermicelli customarily found in echt chicken soup.
- This is a tradition about as far away from the chorizo-cooking culture as you could get, but the chickpea-studded, tomatoey and paprika-hot stew goes extremely well with the nubbly grain. I keep a stock of cherry tomatoes in sauce in the cupboard, but regular canned tomatoes could be substituted easily enough.
- Warm the olive oil in a thick-bottomed saucepan on a medium heat.
- Fry the pasta bits in the oil for a minute, stirring, until they look like slightly scorched straws. Then add the bulgar wheat and stir for another minute or two.
- Stir in the cinnamon and the salt, and then pour the water into the pan.

- Add the bay leaves, and bring to a boil, then turn down to the lowest heat, add a lid, and leave for 15 minutes, until all the water has been absorbed.
- Put another thick-bottomed saucepan on a medium heat, add the chorizo pieces and fry until the orange oil runs out. Then add the sherry and let it bubble away.
- Add the apricots (if using), along with the chickpeas (or beans) and canned tomatoes, and 3/4 fill each empty tomato can with water and swish it out into the pan. Put on a high heat to bubble for about 5 minutes.
- Add salt and pepper, to taste.
- Serve with the bulgar wheat and, if there's any to hand, some chopped cilantro.

## Nutrition Facts



## Properties

Glycemic Index:64.85, Glycemic Load:55.24, Inflammation Score:-10, Nutrition Score:42.453478315602%

## Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 19.42mg, Quercetin: 19.42mg, Quercetin: 19.42mg, Quercetin: 19.42mg

## Nutrients (% of daily need)

Calories: 1019.16kcal (50.96%), Fat: 32.01g (49.24%), Saturated Fat: 9.66g (60.35%), Carbohydrates: 144.65g (48.22%), Net Carbohydrates: 118.38g (43.05%), Sugar: 18.09g (20.1%), Cholesterol: 53.16mg (17.72%), Sodium: 1939.99mg (84.35%), Alcohol: 1.54g (100%), Alcohol %: 0.22% (100%), Protein: 44.57g (89.15%), Manganese: 2.63mg (131.38%), Fiber: 26.27g (105.07%), Copper: 1.89mg (94.27%), Magnesium: 368.63mg (92.16%), Phosphorus: 727.95mg (72.8%), Vitamin C: 47.18mg (57.19%), Vitamin B3: 11mg (54.99%), Potassium: 1757.1mg (50.2%), Iron: 8.99mg (49.96%), Vitamin B2: 0.71mg (41.54%), Vitamin A: 1871.11IU (37.42%), Selenium: 22.38µg (31.98%), Zinc: 4.72mg (31.47%), Vitamin B6: 0.63mg (31.25%), Folate: 120.65µg (30.16%), Vitamin B1: 0.43mg (28.73%), Vitamin B5: 2.13mg (21.28%), Vitamin E: 2.9mg (19.3%), Vitamin K: 19.53µg (18.6%), Calcium: 131.29mg (13.13%)