Chickpea Tomato Peanut Stew

4 thick stew bowls, about 1 1/2 cups each, with one bread slice per person · Active 20 min · Total 45 min

Skills: Cutting small vegetables and dispersing nut butter into a hot stew

Ingredients

- 1 tablespoon neutral oil (15 ml)
- 1 medium onion, finely chopped (150 g)
- 2 medium carrots, cut into 1/2-inch/1 cm dice (200 g prepared)
- 1 garlic clove, finely chopped (3 g)
- 1 teaspoon ground cumin (2 g)
- 1 can chopped tomatoes, 14–14 1/2 oz/400–411 g, including juice
- 2 cups water (480 ml)
- 2 cans cooked chickpeas, each 15 oz/425 g net, drained and rinsed (480 g total drained)
- 1/4 cup smooth peanut butter (60 g), unsweetened or lightly sweetened
- 1/4 teaspoon fine salt (1.5 g)
- 1/4 teaspoon ground black pepper (0.5 g)
- 4 substantial slices sound bread (200 g total), to serve

Set out

Heavy saucepan, at least 3 qt/3 L, Small heatproof bowl and whisk, Strainer, Knife and board, Ladle

Allergens

peanut, wheat. Check labels and substitutions.

Make it

1. Heat oil in the saucepan over medium heat. Cook onion and carrot for 7–8 minutes, stirring. Add garlic and cumin and stir for 30 seconds.

2. Add tomatoes with juice, water, chickpeas, salt and pepper. Bring to a simmer, partly cover and cook gently for 15–20 minutes until carrot pieces are tender. Stir occasionally and test the largest piece.

3. Put peanut butter in the small heatproof bowl. Carefully ladle about 1/2 cup/120 ml hot liquid from the stew into it in a few additions and whisk smooth. Stir the entire mixture back into the pan.

4. Simmer gently for 3–5 minutes, stirring frequently, until thick and even. Do not boil hard or leave the thickened stew unattended. Taste a cooled spoonful. Divide among 4 bowls with one bread slice each.

No stock purchase required

Water is the stated liquid. If a suitable stock is already available it can replace the same 480 ml, but check its salt and allergen label before adding the recipe’s salt.

Ingredient labels

Peanut butter supplies peanut and ordinary bread supplies wheat; bread can also contain milk, egg, sesame or soy. Read the actual packs. The mashed-chickpea variation omits peanut as an ingredient but does not guarantee absence of cross-contact.

A useful detail

The peanut mixture goes in after the carrots soften, so the longest simmer happens before the sauce becomes prone to catching. Give firmer carrots extra time if needed.

Keep it well

Refrigerate shallow portions within 2 hours, or 1 hour above 90°F/32°C, at 40°F/4°C or below and use within 3 days. The stew thickens cold; add a little water while reheating a portion to 165°F/74°C throughout. Freeze promptly cooled stew for up to 2 months and thaw in the refrigerator. Store bread separately according to its package.