EAST AFRICAN · LUNCH · DINNER

Tsebhi Shiro (Eritrean Spiced Chickpea Stew)

30 min · Serves 4 · 192 kcal a serve · Video 7:57 · Yodit's Table

Vegan · Gluten-free ingredients · No nuts listed

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Built on spiced chickpea powder, each serve gives about 7 g of plant protein and 4 g of fibre and is a good source of folate, with no dairy, meat or added sugar.

Diet notes: Low saturated fat (0.7 g, 3% of the energy).

Ingredients 8 · SERVES 4

- ☐ ½ **onion**, chopped
- ☐ about 2 tbsp **oil**
- ☐ 2 **Roma tomatoes** (about 180 g), roughly chopped
- ☐ 4 **garlic** cloves, minced
- ☐ 950 ml **water**
- ☐ ½ **jalapeño**, deseeded and sliced
- ☐ 120 g **shiro** (spiced roasted chickpea powder)
- ☐ about 1½ tsp **salt**, or to taste

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: none. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Put the chopped onion in a dry pot over medium-high heat and let it sweat for a minute or two; when it starts to stick, add the oil and cook until translucent and lightly golden. 1:31
2. Add the tomatoes and cook for 2–3 minutes until their raw taste is gone and most of the moisture has cooked off, then stir in the garlic. 2:44
3. Pour in the water, add the sliced jalapeño and bring to a rolling boil. 3:54
4. Whisk in the shiro a spoonful at a time, smoothing out any lumps, until it is as thick as you like (it thickens as it cooks). 4:32
5. Taste, add salt, and simmer for about 10 minutes. Serve hot. 6:29

> **Tip** Serve with injera or pita bread. Shiro blends vary in spice and salt, so taste before salting. Add more water for a thinner stew. Serves 3–4.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
192 kcal	7.1 g	21 g	4.1 g	8.8 g	890 mg
800 kJ	14% of a day	17 g net · 5.2 g sugars	15% of a day	0.7 g saturated	39% of a day
		8% of a day		11% of a day	

Energy from net carbs 39% · protein 16% · fat 45%

High in (20%+ of a day) Omega-3 39% · Folate 34%

Source of (10–19%) Vitamin B6 15% · Magnesium 13% · Vitamin C 12% · Vitamin E 12% · Vitamin K 10%

Recipe and video: Yodit's Table (@yoditstable) on YouTube — youtube.com/watch?v=qaweAZ3mtZ4, published 9 November 2020. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/tsebhi-shiro-chickpea-stew