MEDITERRANEAN · DINNER

Chickpea, Potato and Pepper Stew

40 min · Serves 4 · 413 kcal a serve · Video 7:30 · Yeung Man Cooking

Vegan · Gluten-free ingredients · No nuts listed

Potatoes, chickpeas and peppers make a filling bowl with plenty of potassium and vitamin C, and blending part of the pot thickens it without any cream or flour.

Diet notes: Low saturated fat (1.6 g, 3% of the energy).

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Ingredients 16 · SERVES 4

- [ ] 3 **garlic** cloves, finely chopped
- [ ] 1 **red onion**, diced
- [ ] 1 **red bell pepper** (capsicum), diced
- [ ] 1 **green bell pepper** (capsicum), diced
- [ ] 4 **yellow potatoes**, peeled and cut into 1 inch cubes
- [ ] 1½ cups **cherry tomatoes**, halved
- [ ] 1 × 1⅔ cups can **chickpeas**, rinsed and drained
- [ ] 3 tbsp **olive oil**
- [ ] 2 tsp **salt**
- [ ] **freshly cracked black pepper**, to taste
- [ ] ½ tsp **turmeric**
- [ ] 2 tsp **sweet paprika**
- [ ] 1 tsp **smoked paprika**
- [ ] 4 cups **unsalted vegetable stock**
- [ ] **lemon wedges**, to serve
- [ ] a few sprigs **parsley**, chopped, to serve

Amounts in US 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. Finely chop the garlic; dice the onion and both peppers; peel the potatoes and cut them into 1 inch cubes; halve the tomatoes; rinse and drain the chickpeas. 0:36
2. Heat the olive oil in a stockpot over medium heat and sauté the onion and garlic for 3–4 minutes. Add the peppers and cook a couple of minutes more. 2:28
3. Stir in the salt, pepper, turmeric and both paprikas for about a minute. 3:04
4. Add the tomatoes, potatoes, chickpeas and stock and bring to the boil. Cover and cook on medium-low for 15–18 minutes until the potatoes are tender. 3:34
5. Blend 2–3 cups of the stew for a few seconds (or use a stick blender in the pot) and stir it back in to thicken. 4:21
6. Serve with a squeeze of lemon and chopped parsley. 4:48

> **Tip** Makes 3–4 portions. The cook uses unsalted stock; with salted stock, cut the salt and taste at the end. Diced zucchini can go in with the peppers.

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

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
413 kcal 1,730 kJ	13 g 25% of a day	66 g 54 g net · 12 g sugars 24% of a day

FIBRE	FAT	SODIUM
12 g 42% of a day	13 g 1.6 g saturated 16% of a day	1,920 mg 83% of a day

Energy from net carbs 56% · protein 14% · fat 30%

High in (20%+ of a day) Vitamin C 123% · Vitamin B6 55% · Folate 49% · Vitamin K 46% · Potassium 33% · Iron 28% · Magnesium 26% · Vitamin E 22%

Source of (10–19%) Zinc 19% · Vitamin A 15%

⚠ One serve has about 83% of a day's sodium — less salt, stock or sauce (or reduced-salt versions) brings it down.

Recipe and video: Yeung Man Cooking (@YEUNGMANCOOKING) on YouTube — youtube.com/watch?v=3UUW-kGqSRc, published 10 March 2024. 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/ymc-chickpea-potato-stew