

Chickpeas with Sausage

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Cuba

Serves: 4-6 People

Yield: 7-8 cups

Time: 1:15 hours

Ingredients

1 cup of dried chickpeas (see page 68)
1 tablespoon of olive oil
1 small yellow onion, diced
1 green bell pepper, seeded and diced
2 cloves of garlic, minced
1 tomato, diced
1/2 teaspoon of dry oregano
1/2 teaspoon of cumin
1/4 teaspoon of paprika
1 (8-ounce) Italian sausage, sliced
1 cup of dry white wine
1/2 cup of tomato sauce (see page 62)
Leaves from 1 sprig of parsley
Sea salt to taste
Cooked brown or white rice (see page 66)
or a green salad

Directions

- ✦ Cook chickpeas in a small pot with water 2 inches above. Bring to a boil and reduce to a simmer for about 30 minutes or until chickpeas are tender. Add a pinch of salt and remove from heat. Keep lid on and allow to sit in salted water for about 10 minutes. Strain and set aside.
- ✦ Heat olive oil in a medium skillet. Sauté onions, peppers and garlic, stirring, for about 5 minutes. Add tomato, a pinch of salt, oregano, cumin and paprika. Sauté for about 5 more minutes.
- ✦ Add drained chickpeas and sausage to pot and cook for about 2 more minutes or until sausage is lightly browned. Add the wine and tomato sauce and bring to a boil. Once boiling, bring down to a simmer and cook with the lid on for about 8 minutes or until sausage is cooked.
- ✦ Add parsley leaves right before serving.
- ✦ Serve with a side of brown or white rice or salad.

Did You Know?

Chickpeas, also called garbanzo beans, provide more vitamin C and iron than most beans and are known to support the digestive system and heart. Rich in fiber, they naturally lower cholesterol and are even shaped like the heart!

