

Chickpea and Chorizo Stew

Prep time: 20 minutes

Cook time: 14 minutes

Ready in: 34 minutes

Serves: 4

Ingredients:

- 1 tablespoon olive oil
- 8 ounces Spanish chorizo, cut into 1/4-inch rounds
- 1/2 small red onion, chopped
- 1 small red bell pepper, seeded and sliced
- 3 cloves garlic, minced
- 1 tablespoon smoked paprika
- 1 (28-ounce) can whole peeled tomatoes, crushed
- 1 (15-ounce) can chickpeas, drained and rinsed
- 1 cup low-sodium vegetable broth
- 3 cups packed baby spinach
- 2 tablespoons roughly chopped fresh oregano
- 1 cup Greek yogurt, optional
- 4 slices sourdough bread, toasted, for serving

Preparation:

1. Heat oil in a medium Dutch oven or pot over medium heat. Add chorizo, onion and bell pepper and cook, stirring occasionally until vegetables are tender and fat has rendered, about 5 to 6 minutes. Stir in garlic and smoked paprika, cook until fragrant, about 30 seconds.
2. Add tomatoes, chickpeas and broth. Bring to a simmer over medium-high heat, about 3-5 minutes. Stir in spinach and cook until wilted, about 2 to 3 minutes.
3. Garnished with oregano and a dollop of yogurt. Serve with bread and enjoy.