

# Stewed Chickpeas in the Instant Pot

## Ingredients:

- 2-3 tbsp water and more if needed
- 2 large or 3 small-medium onions chopped (about 3 - 3 1/2 cups)
- 1 1/2 tbsp smoked paprika
- 1/2 tsp ground cumin
- 1/8 - 1/4 tsp ground allspice
- 1/2 tsp rounded sea salt
- 2 cans chickpeas rinsed and drained
- 2/3 cup pitted dates chopped
- 1 24 oz / 680g jar strained tomatoes or 1 - 28 oz can crushed tomatoes

## Directions:

1. Add water, onions, paprika, cumin, allspice, and salt in the pressure cooker on saute function. Cook for 6-7 minutes, stirring occasionally, and adding extra water if sticking. Add chickpeas, dates, and tomatoes and stir through well. Turn off saute function, and put on lid. Manually set to pressure cook (high) for 20 minutes. Then, let pressure release naturally (or release manually). Stir through, taste, add seasoning if desired, and serve. Serves 4-6 with cooked grain or potatoes (see note).



## Recipe Notes:

- Serving Suggestion: Serve over a whole grain like brown rice, millet, or quinoa. Also try over steamed kale, roasted squash, or mashed potatoes.
- Stovetop method: If you don't have a pressure cooker, simply use a large pot to cook on stovetop. Follow instructions to saute. After adding the tomatoes, chickpeas, and dates, bring heat to a boil, then reduce to low. Cover, and cook for 40 minutes, or until dates and onions are fully softened.



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