



# Slow Cooked Provençal Garbanzo Stew

This recipe can also be made with a slow cooker.

Serves 6

## Ingredients:

2.5 cups dry chickpeas (soaked the previous day)

1/3 cup olive oil

2 diced large onions, chopped

3 large garlic cloves

1/2 large red pepper, chopped

1 cup celery with leaf, chopped

1 tsp red chili flakes

1.5 cups veggie bouillon

1 orange, zest with its juice

1 bunches parsley or cilantro

2 tbsp Dijon mustard

¼ cup lemon juice

2 bay leaves

Salt and pepper



## Instructions

In a large pot, soak chickpeas (Garbanzo beans) overnight or for at least 8 hrs in lots of water, then drain.

In a large oven-proof pot, heat oil and cook the onions and celery until light brown. Add red pepper, garlic, veggie bouillon and drained chickpeas with orange zest and juice, bay leaves and salt/pepper. Allow room for the stew to expand.

Bring to a boil, then cook at 350 degrees for about 2 hours tightly covered with lid or heavy-duty foil in the oven.

After the first 2 hours, add parsley, mustard and lemon juice. Stir well and cook for another hour or until the chickpeas are getting soft and the broth has thickened. Add more vegetable broth if needed.

Adjust salt and pepper to taste.

