

Hearty Chickpea & Spinach Stew

This satisfying stew comes together in a snap. Mashed chickpeas add body to the broth, and tomato paste adds a savory note without piling on the sodium. To simplify the prep, look for chopped fresh onion and shredded carrot or a soup starter mix in the produce section.



2 (15 ounce) cans low-sodium chickpeas, rinsed
1 Tbls Olive Oil
12 ounces 93%-lean ground turkey
½ tsp dried oregano
½ tsp fennel seeds, crushed
½ tsp crushed red pepper
1 onion, chopped
2+ carrots, diced

4 minced cloves garlic, or ½ tsp garlic powder
3 Tbls tomato paste
1 (32 ounce) carton low-sodium chicken broth (4 cups)
¼ tsp ground pepper
⅛ tsp salt
3 C frozen spinach (8 oz)
¼ C grated Parmesan cheese (optional)

Mash half (1 can) of chickpeas with a potato masher or fork. Set aside.

Heat oil in a large pot over medium-high heat. Add turkey, oregano, fennel seeds, and crushed red pepper; cook, crumbling with a wooden spoon until the turkey is no longer pink, 2 to 3 minutes. Add onion, carrots, and garlic; cook, stirring often, 3 to 4 minutes. Add tomato paste; cook, stirring, for 30 seconds.

Add broth, the mashed and whole chickpeas, pepper, and salt to the pot. Cover and bring to a simmer. Reduce heat to medium and cook, covered, at a brisk simmer until the vegetables are tender and the flavors have blended, about 10 minutes.

Add spinach and increase heat to medium-high, Cook, stirring, until the spinach is heated through, 1 to 2 minutes. Ladle the soup into bowls. Garnish each serving with 1 Tbsp. Parmesan, if desired.

Tip: Individually quick-frozen spinach makes this recipe a breeze. If you can't find it, use a frozen 10-oz. block of spinach, cook according to package directions, then add to the soup in Step 4.

To make ahead: Refrigerate for up to 3 days.

Nutrition Facts:

Serving Size: 2 Cups

Per Serving:

401 calories; protein 32.4g 65% DV; carbohydrates 41.3g 13% DV; exchange other carbs 3; dietary fiber 13.1g 53% DV; sugars 10g; fat 13.4g 21% DV; saturated fat 2.5g 12% DV; cholesterol 48.8mg 16% DV; vitamin a iu 12057.2IU 241% DV; vitamin c 11mg 18% DV; folate 148.4mcg 37% DV; calcium 179.7mg 18% DV; iron 6.1mg 34% DV; magnesium 113.8mg 41% DV; potassium 981.5mg 28% DV; sodium 643.1mg 26% DV.