

**POT LUCK**  
**Chickpea Stew**



Ingredients for 2 people:

- 1 onion
- 1 carrot
- 2 large potatoes
- 1 tin tomatoes
- 1 tin chickpeas
- 1 tblsp vegetable oil
- 1 stock cube
- 1 tsp mixed herbs
- ½ cloves garlic (optional)

Method:

1. Peel and slice onion and garlic.
2. Scrub vegetables and cut into cubes.
3. Heat oil in pan and gently fry onion.
4. When soft add carrot, potatoes and garlic, stirring to prevent sticking.
5. Drain chickpeas but keep their liquid.
6. Add tomatoes, chickpea liquid, mixed herbs and then crumble in the stock cube.
7. Cook until soft - stirring frequently.
8. Lastly add chickpeas.
9. Serve with green vegetables or crusty bread –enjoy!