



Fire Roasted Chickpea Chili

INGREDIENTS

2 TBS olive oil	2 cups chopped onions	2 cloves garlic, chopped
1 cup chopped bell pepper	2 celery stalks; chopped	2 carrots; peeled and chopped
1 tsp salt; divided	2 cans of chickpeas (garbanzo beans)	
1 (15 oz) can diced fire roasted tomatoes	2 TBS ground cumin	1 TBS chili powder
1 TBS curry powder	1 TBS paprika	½ tsp ground ginger
½ tsp cinnamon	Freshly ground pepper, to taste	

DIRECTIONS

In a large saucepan, heat the olive oil over medium-high heat. Add carrots, celery, onions, bell pepper and ½ tsp salt. Cook on medium for about 20 minutes, stirring occasionally, until the vegetables soften and have nice color. Add the garlic and cook for 1-2 additional minutes until fragrant. Add chickpeas, tomatoes, cumin, chili, curry, paprika, ginger, salt and pepper to taste. Simmer for 30 minutes. Makes approximately 5 servings; 225 calories each