Sweet Potatoes and Chickpeas in Chili Sauce

Source: The Get Healthy, Go Vegan Cookbook by Neal Barnard, MD; recipe by Robyn Webb

This dish is both flavorful and filling! Plus, it's packed with disease-fighting antioxidants.

About the Recipe

313 Calories · 3.9 g Protein · 12.3 g Fiber
Lunch
Gluten-free · Nut-free

Double check the veggie broth to make sure it doesn't contain gluten.

Ingredients

Makes 4 Servings

- 3/4 c (180 mL) vegetable broth
- 1/2 c (120 g) celery, chopped
- 1/2 tsp (2.5 mL) fennel seeds, crushed
- 3 cloves garlic, minced
- 3/4 c (180 g) red onions, chopped
- 1/2 tsp (2.5 mL) turmeric
- 1/4 tsp (1.2 mL) paprika
- 1 chipotle pepper in adobo sauce, chopped
- 2 lb (or ~6) sweet potatoes, peeled and cut into 1-inch (2.5-cm) cubes
- 1 15-oz can (228 mL) chickpeas, drained, rinsed
- 1/4 c (20 g) fresh parsley, chopped
- to taste iodized salt (optional) **optional*
- to taste ground black pepper (optional) **optional*

Directions

1. Heat 1/4 c (60 mL) of the broth in a Dutch oven over medium heat. Add the celery, fennel seeds, and garlic, and cook for 2 minutes.
2. Add the onions, turmeric, paprika, and chipotle pepper. Cook for 5 minutes, stirring occasionally.
3. Add the sweet potatoes and the remaining 1/2 c (120 mL) broth, cover, reduce the heat, and simmer for about 25 minutes, stirring occasionally until sweet potatoes are tender.
4. Add the chickpeas and continue to cook for 5 minutes. Add the parsley and season with salt and black pepper, to taste.

Nutrition Facts

Per serving (1/4 of recipe):

Calories: 313

Fat: 2.1 g

Saturated Fat: 0.2 g

Calories From Fat: 5.9%

Cholesterol: 0 mg

Protein: 3.9 g

Carbohydrate: 66 g

Sugar: 14 g

Fiber: 12.3 g

Sodium: 169 mg

Calcium: 125 mg

Iron: 2.8 mg

Vitamin C: 14.7 mg

Beta-Carotene: 19,649 mcg

Vitamin E: 1.1 mg