

Chickpea Cashew Stew

Serves 6

1 cup raw unsalted cashews	2 tsp. turmeric powder
2 (14 oz.) cans chickpeas, drained and rinsed	2 tsp. salt
2 tsp. canola oil	¼ - 1 tsp. cayenne powder (to taste)
1 yellow onion, diced	1 tsp. black pepper
1 sweet potato, diced into 1/2-inch pieces	1 tsp. fennel seeds
1 large carrot, sliced thinly	4 cups low-sodium vegetable broth
3 large garlic cloves, minced	6 oz. chopped frozen spinach
1 Tbsp. fresh ginger, minced	Juice of 2 lemon (add to taste)
2 Tbsp. tomato paste	1/4 cup low-fat plain Greek yogurt (garnish)
2 tsp. garam masala	For garnish - chopped cilantro

1. Place cashews in a bowl, cover with water and soak for 2 hours or more. Drain cashews and place them in a blender container along with 3/4 cup of the canned chickpeas and 1 cup water. Blend until smooth.

2. In a large saucepan, heat oil over medium heat. Add onion, ginger, and fennel. Cook until onions are translucent. Place sweet potato, carrot, and garlic in pan and cook 1 minute. Add tomato paste, garam masala, turmeric, salt, cayenne, and black pepper. Heat 30 seconds.

3. Pour in broth and remaining chickpeas. Bring to a boil, reduce heat and simmer covered for 15 minutes, or until potato is tender.

4. Stir in cashew cream, spinach {I use chopped, destemmed kale sometimes too}. Add half of lemon juice and check the taste, add more lemon until you taste the bite – the soup is easily overwhelmed if you add too much lemon; heat 5 minutes. Ladle soup into bowls and garnish with a couple dollops Greek yogurt and cilantro.

SWAPS:

Instead of **sweet potato**, try **butternut squash**

Instead of **chickpeas**, try **navy beans**

Instead of **Greek yogurt**, try **low-fat sour cream**

NUTRITIONAL INFO PER SERVING: 399 calories, 16g protein, 16g fat, 53g carbs, 533mg sodium

Read more at http://womensrunning.competitor.com/2014/03/nutrition/recipes/recipe-chickpea-cashew-stew_21631#LgDXktyRYRyQkwmd.99