

**Spiced Turmeric Chickpea Vegetable Stew**

**INGREDIENTS**

* ¼ cup olive oil
* 4 garlic cloves, minced
* 1 large yellow onion, chopped
* 1 large carrot, finely chopped or grated
* 1 (2-inch) piece ginger, finely chopped
* 1 teaspoon kosher salt
* 1 teaspoon fresh cracked black pepper
* 2 teaspoons ground turmeric
* 1 ½ teaspoons red pepper flakes, plus more for serving
* 1 teaspoon ground cumin
* ½ teaspoon ground cardamom
* 2 (15-ounce) cans chickpeas, drained and rinsed
* 2 (15-ounce) cans full-fat coconut milk
* 3½ cups vegetable or chicken stock
* 4-5 cups Yukon gold potatoes, peeled and cubed into bite-sized pieces
* ½ bunch kale, collard green, Swiss chard, or spinach stems removed, torn/cut into bite-size pieces
* 2 limes, zested and juiced
* Garnish with mint leaves, plain Greek yogurt, and lime zest

**INSTRUCTIONS**

1. Heat 1/4 cup oil in a large pot over medium. Add onion, carrot, garlic, and ginger. Season with salt and pepper, and cook, stirring occasionally, until the onion is translucent and the carrots are softened, 3 to 5 minutes.
2. Add turmeric, red pepper flakes, cumin, cardamom, and chickpeas. Cook, stirring frequently, so the chickpeas sizzle and fry a bit in the spices and oil, until crisp, 8 to 10 minutes. Remove a cup of the chickpea mixture and set aside for garnish.
3. Using a wooden spoon or spatula, crush the remaining chickpeas slightly to release their starchy insides. Add potatoes, stock, and coconut milk. Taste and season with more salt and pepper.
4. Bring to a simmer, scraping up any bits that have formed on the bottom of the pot. Cook, stirring occasionally, until stew has thickened, 30 to 35 minutes.  If you want the stew a bit thicker, keep simmering until you've reached your desired consistency.
5. Add lime juice and greens making sure they’re submerged in the liquid. Cook until they wilt and soften, 3 to 7 minutes, depending on what you’re using. (Swiss chard and spinach will wilt and soften much faster than kale or collard greens.) Taste the seasoning and add more if desired.
6. Divide among bowls and top with mint, reserved chickpeas, yogurt, lime zest, and red pepper flakes. Serve with warm naan or pita bread for dipping.