Plant Based and Broke

PUERTO RICAN CHICKPEA STEW
(Aly Michell) (Adapted)

*Simmered in a thick tomato sauce, homemade sofrito, and an array of spices, this Puerto Rican chickpea stew (*garbanzos guisados*) is the perfect comfort meal, made with affordable plant-based ingredients.*

Ingredients:

¼ cup sherry, white wine or vegetable broth
½ cup sofrito*
½ teaspoon sazon*
½ teaspoon adobo*
1 teaspoon dried oregano
2 bay leaves
2 tablespoons tomato paste
¼ cup olives, halved
2 cans chickpeas (15.5-ounce cans)
2 potatoes medium, cubed into 1-inch pieces
3 cups vegetable broth see notes
Cilantro chopped
Lemon juice optional, to add to final dish
Onions chopped, to garnish

Instructions:

- In a medium saucepan, heat the sherry or other liquid over medium heat. Add the sofrito and allow it to fry for 1 minute, until fragrant.
- Add the sazon, adobo, dried oregano, and bay leaves. Cook for another minute.
- Add the tomato paste, olives, chickpeas, and potatoes. Stir well.
- Add the broth or water and bring to a boil, then reduce heat to a simmer.
- Cook for 20 minutes, or until potatoes are tender.
- Remove about ½ cup of the stew, blend, then add back to the pot. Simmer for an additional 1-2 minutes until it has thickened. Serve with chopped onions, cilantro, and a squeeze of fresh lemon juice.

Good served with rice or bread. Aly says: "Other sides can include *tostones*, *maduros*, yuca,[cassava] sliced avocados, or a green salad." Aly has recipes for *tostones* and *maduros* on the site.

*Editor's Note: Many supermarkets carry sofrito (frozen or jarred), sazon, and adobo. There is a recipe for sofrito on this site (see below), and you can find recipes for sazon and adobo seasonings on other sites.

SOFRITO

1 yellow or white onion
1 red bell pepper
1 green bell pepper
1 garlic head (or several cloves)
1 bunch cilantro

Chop the ingredients into large chunks. Add the chunks to a blender or food processor and blend until still chunky, avoiding a purée consistency. Use as needed in cooking.

Editor's Note: If you make this large batch, it's best to freeze in an ice cube tray or in small containers for later use.





At **Plant Based and Broke,** Aly Michell is the writer, recipe creator and food photographer. She grew up in a household influenced by Puerto Rican food and, though she often calls for oil in her recipes, they can be adapted as was done here. Aly's recipes are all about "time, cost, and accessibility"!