

## Kale, Potato and Chickpea Stew | bites out of life

Adapted from [Food & Wine](#)

The original recipe calls for swiss chard, but I couldn't find any at the grocery store. I'm sure other dark greens could work as well — collard greens or even spinach (it may not require pre-cooking, since spinach is so tender).

- 1 pound kale, tough stems removed, leaves washed well and chopped
- 3 tablespoons olive oil
- 1 1/2 pounds baking potatoes (2 large), peeled and sliced 1/2-inch thick
- 1 onion, chopped
- 2 cloves garlic, minced
- 1 teaspoon cumin
- 1/4 teaspoon turmeric
- 1/4 teaspoon cayenne
- 1 teaspoon salt
- 1 15-ounce can chickpeas, rinsed and dried
- 1 quart low-sodium chicken broth or vegetable stock



- 1) Bring a medium pot of salted water to a boil. Add the kale and cook for 3 minutes. Drain well and set aside.
- 2) In a large heavy-bottomed pot, heat the oil over moderate heat. Saute the potatoes and onion, stirring frequently, until the potatoes start to brown, about 5 minutes. Add the garlic, cumin, turmeric, cayenne and salt. Cook, stirring, until fragrant, about 1 minute.
- 3) Add the kale, chickpeas and broth. Bring to a simmer and cook until the potatoes are tender, about 15 minutes.

From: <http://www.bitesoutoflife.com/2011/10/08/kale-potato-and-chickpea-stew/>