



## SPANISH CHICKPEAS & RICE

SERVING SIZE: 4 | COOKING TIME: 1 HOUR

### INGREDIENTS.....

2 Tablespoons (Tbsp) olive oil  
 2 garlic cloves,  
 ½ Tablespoon (Tbsp) smoked paprika  
 1 teaspoon (tsp) ground cumin  
 ½ teaspoon (tsp) dried oregano  
 ¼ teaspoon (tsp) cayenne pepper  
 Freshly cracked black pepper  
 1 yellow onion, cut into small pieces  
 1 cup uncooked long grain white rice  
 1 (15 oz) can diced tomatoes  
 1 (15 oz) can quartered artichoke hearts  
 1 (15 oz) can chickpeas  
 1.5 cups vegetable broth  
 ½ teaspoon (tsp) salt or to taste  
 ¼ bunch fresh parsley, chopped/cut into small pieces  
 1 fresh lemon

### WHAT ELSE YOU'LL NEED .....

- Cutting board and knife
- Large, deep pan or large pot with a lid
- Cooking utensil  
(spatula, wooden spoon, or similar)

### DIRECTIONS.....

1. Heat pan on medium-low heat. Add oil and garlic. Cook for 1-2 minutes, or just until soft and fragrant.
2. Add smoked paprika, cumin, oregano, cayenne pepper, and some freshly cracked black pepper to the pan. Stir and sauté the spices in the hot oil for one more minute.
3. Add onion to the skillet. Sauté the onion, cook stirring occasionally, until it is soft and translucent – about 5 minutes.
4. Add the rice to the pan and sauté, cook stirring occasionally, for 2 minutes more.
5. Open the chickpeas and artichoke hearts. Drain the liquid. Add to the pan.
6. Add can of diced tomatoes (include the tomato juice liquid), vegetable broth, and a half teaspoon (tsp) of salt to pan.
7. Add parsley to pan. Save a small amount of parsley and set aside to sprinkle over the finished dish. Stir all the ingredients in the pan to combine.
8. Place a lid on the pan and turn the heat up to medium-high. Allow the mixture to come to a boil.
9. Once the mixture reaches a boil, turn the heat down to low and let simmer, gently boil, for 20 minutes. (Make sure it's simmering the whole time. Adjust the heat slightly if necessary to keep it simmering.)
10. After simmering for 20 minutes, turn the heat off. Let the mix stand/rest for 5 minutes without removing the lid.
11. After mix has rested, remove the lid and fluff rice with a fork.
12. Top with the remaining chopped parsley. Cut a lemon into wedges. Squeeze the fresh lemon juice over each bowl.

