Blue Zones Project®

# Persian Chickpea Stew

From the kitchen of:
Blue Zones Project®

Instant Pot Recipe by:
Every Nook and Cranny

## Ingredients:

100g dried chickpeas (soaked in cold water for 4 hours minimum)
3-4 med carrots, peeled and sliced
2-3 lg potatoes, peeled and cubed
oil spray
1 onion, chopped
1 tsp fennel seeds
1 tsp cumin seeds
1/2 - 1 tsp chili powder
1 tsp dried lime powder
1 tsp ground coriander
1/2 tsp tumeric
1 tbsp tomato puree
1-14 oz can chopped tomatoes
1 vegetable stock cube
1-2 tbsp harissa to taste
fresh parsley or coriander to season

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## Directions:

1. Preheat Instant Pot on saute mode and spray oil spray liberally.
2. Add onion and cook a couple of minutes to soften, stirring regularly and then add the spices. Stir well and add tomato puree and canned tomatoes. Add 1/2 can worth of water from the empty can.
3. Drain your pre-soaked chickpeas and add them along with carrots and potatoes. Crumble in the stock cube. Stir very well and poke the veg down into the liquid.
4. Put the lid on, close valve, cancel saute mode. Cook on Manual High for 10 minutes. When alarm sounds, do a QPR (Quick Pressure Release).
5. Stir well, taste for seasoning and add your harissa to taste. Sprinkle with your choice of herbs and serve.

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