

Easy Cheesy Italian Chickpea Stew



Some nights, you just need a warm, cheesy, no-fuss meal that practically cooks itself. This chickpea stew is exactly that—comforting, packed with flavour, and ridiculously easy to throw together. No chopping required! Just toss everything in a pan, let it simmer, then broil until it's bubbling with melty mozzarella goodness. Perfect for busy weeknights, lazy Sundays, or whenever you need a cozy bowl of something delicious.

Preparation 5 min
Cooking 10 min
Servings 6
Nutrition Facts (per serving)
Calories 400
Fat 10
Carbohydrates 55
Fibre 14
Protein 22
Sodium 560

Ingredients

Stew:

- 1 large can (796 ml) whole tomatoes
- 2 cans (540 ml each) chickpeas, unsalted, rinsed

- 1 jar (600 ml) prepared tomato sauce of choice
- 1 pack (142 g) baby spinach

Toppings:

- 375 ml (1 ½ cups) shredded skim mozzarella cheese (15% M.F.)
- Fresh herbs of choice (parsley or basil)
- Pepper, to taste

Preparation

1. In a large oven-safe pan, cook the whole tomatoes over medium heat, breaking them down with a spoon.
2. Once the tomatoes are partially broken down, add the remaining stew ingredients and bring to a boil.
3. Set the oven to broil. Top the stew with shredded mozzarella cheese and place under the broiler until the cheese is melted and bubbly.
4. Remove from the oven, top with fresh herbs and pepper, and serve.

Notes

Store in the refrigerator for up to 4 days. Can be frozen for up to 3 months.



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