Main dishes / Germany

chickpeas and sweet pepper stew · Germany

A substantial Germany-inspired stew built around sweet pepper and cooked pulses.

Time 40 min **Servings** 4

What you'll need.

- ☐ 150 g onion
- ☐ 600 g drained cooked chickpeas
- ☐ 400 ml low-salt vegetable stock
- ☐ 1 g caraway seeds
- ☐ salt and pepper to taste
- ☐ 30 ml neutral cooking oil
- ☐ 600 g sweet pepper
- ☐ 20 g German mustard
- ☐ 10 g fresh parsley

Let's make it.

01 Clean the sweet pepper and cut into small, even pieces. Finely chop the onion.

02 Heat the oil and soften the onion for five minutes. Add the sweet pepper and cook for a few minutes.

03 Add the stock, cover and simmer for 15 minutes.

04 Rinse the cooked pulses and stir them into the stew. Heat for five minutes until piping hot.

05 Stir in the German mustard, caraway seeds, fresh parsley and taste before serving.

AI-developed, not kitchen-tested.

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