Main dishes / United States

# chickpeas and parsnip stew · United States

A substantial United States-inspired stew built around parsnip and cooked pulses.

**Time** 40 min **Servings** 4

## What you'll need.

- [ ] 150 g onion
- [ ] 30 ml neutral cooking oil
- [ ] 600 g drained cooked chickpeas
- [ ] 600 g parsnip
- [ ] 400 ml low-salt vegetable stock
- [ ] 3 g smoked paprika
- [ ] 2 g ground cumin
- [ ] 10 g fresh parsley
- [ ] salt and pepper to taste

## Let's make it.

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

02 Heat the oil and soften the onion for five minutes. Add the parsnip 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 smoked paprika, ground cumin, fresh parsley and taste before serving.

**AI-developed, not kitchen-tested.**

**Recipe & provenance** DVS Recipe Studio / DVS Recipe Studio · AI-developed variation / CC0 1.0.
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