



Recipes

ARTICHOKE AND CHICKPEA RAGOUT

Serve this ragout over couscous or rice.

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| 2 tbsp (25 mL) oil | 1 can (19 oz/540 mL) chickpeas,
rinsed and drained |
| 1 cup (250 mL) chopped onion | 1 can (14 oz/398 mL) diced tomatoes |
| 4 cloves garlic, finely chopped | 1 1/2 cups (375 mL) diced carrots |
| 1/2 tsp (2 mL) red pepper flakes | 2 tbsp (25 mL) tomato paste |
| 2 cans (14 oz/398 mL each) artichoke hearts,
drained and quartered | 1/2 tsp (2 mL) sage, crumbled |
| 2 cans (10 oz/284 mL each) vegetable or
chicken broth | 1/2 tsp (2 mL) salt |
| | 2 tbsp (25 mL) chopped fresh parsley |

Heat oil in a large frypan over medium heat. Add onion and saute until softened, about 5 minutes. Add garlic and red pepper flakes; cook, stirring, for 1 minute. Stir in next 8 ingredients (artichokes through salt). Bring to a boil. Reduce heat and simmer, covered, stirring occasionally, for 10 minutes. Uncover and simmer, stirring occasionally, for 10 minutes or until carrots are tender and liquid is slightly thickened. Sprinkle with parsley. Serves 6 - 8.

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