



# Chickpea Shakshuka

Prep: 10 minutes | Cook: 35 minutes | Total: 45 minutes

Yield: 2 servings | Serving Size: ½ of the recipe

## Ingredients

1 tablespoon oil  
½ cup diced onion  
1 red bell pepper, chopped  
1 clove garlic, minced (about ½ teaspoon)  
1 (14.5-ounce) can no-salt-added diced tomatoes  
1 teaspoon smoked or sweet paprika  
1 teaspoon ground cumin  
2 teaspoons chili powder  
¼ teaspoon ground cinnamon  
1 (15-ounce) can no-salt-added chickpeas (garbanzo beans), drained and rinsed

## Directions

1. Heat a large skillet over medium heat.
2. Add the oil and heat until shimmering.
3. Add the onion, bell pepper, and garlic.
4. Sauté, stirring frequently, until the onion and peppers are soft, about 4-5 minutes.
5. Add the diced tomatoes and their liquid, paprika, cumin, chili powder, and cinnamon. Stir to combine.
6. Increase the heat to high and bring to a simmer, then reduce the heat back to medium.
7. Continue cooking for 2-3 minutes, stirring frequently.
8. Add the chickpeas and stir to combine.
9. Reduce heat to medium-low and simmer for 15-20 minutes to allow the flavors to blend.
10. Taste and adjust seasoning as needed.
11. Serve warm.

**Nutrition Facts Per Serving: Calories: 330 | Total Fat: 4 g | Saturated Fat: 0.5 g  
Sodium: 280 mg | Total Carbohydrate: 58 g | Dietary Fiber: 19.5 g | Protein: 18.5 g**

Adapted from [minimalistbaker.com](http://minimalistbaker.com) | Submitted by Georgina Hignell RD  
For more recipes, please visit [www.nutrition.va.gov](http://www.nutrition.va.gov)



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