

# Creamy Roasted Red Pepper & Chickpea Stew



Think cozy sweater weather in a bowl! This creamy, smoky red pepper and chickpea stew is hearty without being heavy—and weeknight-friendly without being boring.

## Ingredients

- 2 tablespoons olive oil
- 1 medium yellow onion, diced
- 3 garlic cloves, minced
- 1 teaspoon smoked paprika (or regular paprika if that's what you have)
- 1/2 teaspoon ground cumin
- 1/4 teaspoon crushed red pepper flakes (optional for a little kick)
- 1 (12 oz) jar roasted red peppers, drained and chopped (or 2 fresh red bell peppers, roasted and peeled)
- 1 (15 oz) can chickpeas, drained and rinsed
- 2 cups vegetable broth (can substitute chicken broth if not vegetarian)
- 1/2 cup full-fat coconut milk (can substitute heavy cream or half-and-half)
- 1 tablespoon tomato paste
- Salt and black pepper to taste
- Juice of half a lemon
- Fresh parsley or basil, chopped, for garnish

## Instructions

1. Heat the olive oil in a soup pot over medium heat. Add the diced onion and sauté until softened and golden, about 5–6 minutes.
2. Toss in the minced garlic, smoked paprika, cumin, and red pepper flakes. Stir for about 30 seconds until fragrant—your kitchen will smell amazing!

3. Add the chopped roasted red peppers, chickpeas, tomato paste, and broth. Bring everything to a gentle boil, then reduce heat and let it simmer for 10 minutes.
4. Use an immersion blender to blend the soup partially—leave a few chunks for texture. No immersion blender? A regular blender works too—just let it cool a bit before blending and be careful with the hot liquid.
5. Stir in the coconut milk and simmer for another 5 minutes. Add salt, pepper, and lemon juice to brighten it all up.
6. Ladle into bowls and top with fresh chopped parsley or basil. Serve with crusty bread or over rice if you want to stretch it further!

**Servings:** 4

## **Nutrition**

- **calories:** 290
- **protein:** 8
- **carbs:** 30
- **fat:** 16
- **fiber:** 7
- **sugar:** 5