

# Pumpkin and Chickpea Stew

## Ingredients

3 cups cooked chickpeas

1.5kg pumpkin

2 onions

3 cloves garlic

6 sprigs thyme

3 cups hot water

2 tablespoons vegie stock paste (stirred into hot water)

1 cup dried tomatoes

3 cups silverbeet leaves

¼ cup olive oil

## Method

Peel and chop pumpkin into 3cm pieces

Peel, halve, then slice onions into 1/2 cm pieces

Peel and chop garlic roughly

Strip the leaves from the stems of thyme

Heat oil in a stockpot

Add onion and pumpkin, cook stirring for 10 minutes or until soft. Add garlic and thyme.

Add chickpeas, stock, tomatoes.

Bring to the boil, then simmer for 20 minutes.

Wash and slice silverbeet leaf using the shredding method.

When ready to serve, remove from heat, then stir through silverbeet.