

# CHICKEN & CHICKPEA STEW

## Ingredients

- 1 tbsp olive oil
- 1 large onion, diced
- 3 cloves of garlic, diced
- 2 celery stalks, diced
- 3 cups shredded chicken, white and dark meat
- 1 15 oz can of chickpeas, drained and rinsed
- 1 15 oz can of diced tomatoes
- ½ cup dry quinoa
- 2 cups chicken broth
- 2 tbsp tomato paste
- 2 tsp smoked paprika
- 1 tsp coriander
- 1 tsp turmeric
- ½ tsp cinnamon
- Pinch of red chili flakes
- Salt and pepper to taste
- Cilantro, rough chopped for garnish

## Directions

1. In a large pot or dutch oven, add your olive oil, onions, garlic, celery and red chili flakes and cook until all the vegetables are tender, roughly 10 minutes.
2. Add the remaining ingredients and bring to a gentle boil.
3. Cover your pot, reduce the heat to low and simmer for 20 minutes or until the quinoa is cooked.
4. Garnish with some cilantro and ENJOY!!!

*For the full write up on this dish check out our blog post at [www.thecookandthecoach.com/blog/](http://www.thecookandthecoach.com/blog/)*