

Winter Blues-busting Chickpea & Veggie Stew

It's delicious and warming. Cauliflower and kale are high on the antidepressant food list.

Ingredients

1 bunch kale with ribs removed, chopped, rinsed
1 small head cauliflower cut into small florets, rinsed
2 cloves garlic, chopped
1 medium yellow onion, chopped
2 celery stalks, chopped
2 carrots, chopped
1 15 oz can chickpeas
1 28 oz can ground & peeled tomato
Cumin 1 tsp
Coriander 2 tsp
Turmeric 2 tsp
Paprika 1 tsp
Salt 2 tsp
Pepper 1 tsp
Extra-virgin olive oil 2 tbsp
Red wine vinegar, 2 tsp
Optional topping: Grated parmesan cheese and/or
chopped cilantro

Directions

1. Sauté onions, celery, carrots in olive oil 5-10 min medium heat or until soft in large stock pot
2. Add garlic, 2 tsp salt, 1 tsp pepper and spices
3. Add 8 cups water, cover bring to boil
4. Add cauliflower and kale, bring back to boil
5. Add can of tomatoes, bring to boil
6. Add drained and rinsed chickpeas and simmer for ½ hour
7. Add red wine vinegar
8. Adjust salt and pepper to taste
9. Add grated parmesan and chopped cilantro to top it off as you like (I love)