

Mediterranean Chickpea Casserole with Spinach and Feta

Prep: 5 minutes • Cook: 40 minutes

A cozy one-pot casserole of chickpeas simmered in a Mediterranean-spiced tomato stew, brightened with lemon and spinach, then finished under the broiler with a golden, tangy feta crust.

Ingredients

- 3 tablespoons extra virgin olive oil
- 2 medium (about 3 cups) red onions (diced)
- 3 cloves garlic (minced)
- 1/2 teaspoon fine sea salt
- 1 (24 oz/680 ml) jar passata (strained tomatoes)
- 1 cup vegetable broth
- 2 bay leaves (dried)
- 1 teaspoon dried oregano
- 1/4 teaspoon ground cloves
- 1/4 teaspoon allspice
- 1/4 teaspoon cayenne
- 3 cups chickpeas (cooked)
- 3 packed cups baby spinach
- 1 tablespoon cane sugar (or coconut sugar)
- 1 lemon (juiced)
- to taste black pepper
- 2/3 cup feta cheese (crumbled (vegan if desired))
- flat leaf parsley (chopped, for garnish)

Instructions

1. Heat olive oil in a large broiler-safe sauté pan or skillet over medium-high heat.
2. Add diced red onions and sauté until translucent, about 5 minutes; reduce heat to medium.
3. Stir in minced garlic and fine sea salt; cook, stirring frequently, until fragrant, 1 to 2 minutes.
4. Add passata, vegetable broth, bay leaves, dried oregano, ground cloves, allspice, and cayenne; stir to combine.
5. Cover with a lid, bring to a boil, and cook for 20 minutes to develop flavor.
6. Stir in cooked chickpeas; simmer uncovered, stirring occasionally, until the mixture reduces by about one-third, 10 to

15 minutes (reduce heat if splattering).

7. Position an oven rack so the top of the pan will be about 4 inches from the broiler; preheat the oven to broil.

8. Remove bay leaves. Stir in baby spinach and cook until wilted, about 2 minutes.

9. Stir in sugar and lemon juice; season with additional salt and black pepper to taste.

10. Crumble feta evenly over the top.

11. Broil until the cheese is golden brown, about 5 minutes, watching carefully.

12. Garnish with chopped flat-leaf parsley and serve hot with bread, pita, or over rice.

Tags: Vegetarian, Mediterranean, Gluten Free, One Pot, Chickpeas, Comfort Food

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