

## Chick Pea, Tomato and Chipotle Stew

This is a very hearty dish and can be made as spicy as you wish. Do be careful with the spice, especially if you do use the chipotle in adobo sauce...which I obtained from internet but you may find in a specialist food shop. If you cannot get, use smoked paprika with some chipotle flakes...which I know our local supermarkets do sell. Enjoy! Great served with rice, quinoa, millet or on a baked potato.

Serves 4

2 tins chick peas (or 250g dried, soaked and then cooked)  
1 tbsp coconut oil (or your preferred oil )  
1 small onion finely chopped  
2 sticks celery finely sliced  
1 tin chopped tomatoes  
2 tbsp tomato puree  
1 stock cube...veggie...melted in a tin of hot water  
1 to 3 tbsp chipotle in adobo sauce....1 is very hot....3 is VERY VERY VERY HOT!  
2 tsp ground cumin  
1 tsp dijon mustard  
1 tbsp maple syrup ... or something similar, not honey  
1 tbsp cider vinegar

1. Cook the chickpeas if using dried....having soaked them over night.
2. Place oil in pan, and cook the onions for about 10mins until caramelised.
3. Add celery and cook for another couple of minutes.
4. Add everything else and bring to the boil, cover and simmer for at least 30 minutes.  
You can eat straight away, but this is one of those dishes that is best made the day before and then reheated, slowly. You may have to add a little more water.
5. Serve with whatever you like!