

# Chickpea and Turnip Stew with Ethiopian Spices

*This is a very simple, adaptable dish that cooks up quickly. Also add potato or other root vegetables.*

## Ingredients

- 1 pound small turnips (may substitute potatoes or sweet potatoes)
- 1 medium onion, chopped
- 1 teaspoon minced ginger root
- 2 teaspoons berberé seasoning (below)
- 1/2 teaspoon turmeric
- 3 leeks, white parts only, washed well and chopped
- 2 carrots, chopped
- 4 cups vegetable broth or stock
- 1 15-ounce can chickpeas, drained well
- 1 teaspoon salt, or to taste
- 1/2 cup plain soymilk

## Instructions

To make the berberé spice mixture, combine:

- 1 Tbs. ground cardamom
- 1 Tbs. ground coriander
- 1 Tbs. fenugreek
- 1 Tbs. ground nutmeg
- 1 Tbs. ground allspice
- 1 Tbs. cinnamon
- 1 Tbs. paprika
- 1 Tbs. turmeric
- 1 Tbs. ground black pepper
- 1 Tbs. ground sea salt (optional)
- 1 tsp. – 1 Tbsp. ground cloves (depending on how much like cloves)
- 1 tsp. cayenne (use more or less to taste)

Clean the turnips well. Trim off the tops and bottoms and then peel them. Cut them into 1/2-inch cubes.

Heat a large, non-stick pot. Add the onions and sauté until they begin to turn brown. Add the ginger root, berbere seasoning, and turmeric and sauté for another minute.

Add all the remaining ingredients except the soymilk. Cook, covered, until the turnips are tender, about 20 minutes. Remove about 1 1/2 cups of the stew and puree it in a blender. Return it to the pot, along with the soymilk. Stir well until heated throughout and serve.

Nutrition (per serving): 254 calories, 21 calories from fat, 2.5g total fat, 0mg cholesterol, 1473.4mg sodium, 759mg potassium, 50.9g carbohydrates, 10.3g fiber, 10.3g sugar, 10.3g protein, 7.4 points.

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