

MORROCAN CHICK PEA PASTA

INGREDIENTS

- 1** Onion (medium) (minced)
- 2 cloves** Garlic (minced)
- 3 T** Extra virgin olive oil
- 15 oz** Chick Peas (drained)
- Salt (to taste)
- 1 can** Tomatoes (diced)
- 1/2 t** Cumin
- 2 t** Ginger (ground)
- 1 t** Coriander (ground)
- 1 t** Tumeric

- 12 oz** Whole wheat pasta **OR** gluten-free pasta of your choice
- 3 qts** Water
- 1 t** Smoked Paprika **OR** Chili Powder



DIRECTIONS

- 1** Saute onions & garlic in olive oil for 2 minutes at low heat
- 2** Add spices & let cook for another 2 minutes
- 3** Stir in chick peas with salt & cook on low heat for 5 minutes
- 4** Add tomatoes & cover simmering on low for 15 minutes
- 5** Cook pasta according to directions on the package
- 6** Toss sauce with pasta & add the smoked paprika or chilli powder according to your taste

