

Spicy Tomato Chickpea Pasta

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GREATER CHICAGO
- FOOD -
DEPOSITORY.

Serves: 6

Prep: 15 minutes | **Cook:** 25 minutes

INGREDIENTS

- 2 tablespoons olive oil
- 1 medium onion, diced
- 3 garlic cloves, minced*
- 1 tablespoon paprika
- 1/2 teaspoon red pepper flakes
- 1 (14 ounce) can tomato puree
- 1 (15 ounce) can chickpeas, drained and rinsed
- 1/2 teaspoon salt
- Dash pepper
- 12 ounces pasta
- 4 cups spinach*
- Parmesan (optional)

DIRECTIONS

1. Heat olive oil in a wide skillet over medium heat. Add onion and cook for 10 minutes, stirring occasionally.
2. Add garlic, paprika and pepper flakes to the skillet and cook, stirring, for 1 minute. Add the tomato puree, chickpeas, salt and pepper. Bring to a simmer, reduce heat and cook for 10 minutes.
3. Meanwhile, cook the pasta according to the package directions.
4. Stir spinach into the sauce until wilted. Combine the pasta and the sauce. Serve, topping with parmesan if desired.

*Substitutions

3 cloves garlic	→	2 tsp. garlic powder
4 c. spinach	→	2 (10 oz.) packages frozen spinach, thawed



Nutrition Information

Serving Size: 1/6 of recipe

Calories	367
Total fat	7 g
Saturated fat	0.8 g
Cholesterol	0 mg
Sodium	409 mg
Carbohydrates	65 g
Fiber	7 g
Sugar	6 g
Protein	12 g

Recipe source: [bonjongourmet.com](https://www.bonjongourmet.com)