

Chickpea Vegetable Stew with Brown Basmati Rice

This isn't the kind of stew that needs to be braised for many hours or simmered for a couple of hours. This quick cooking suits the summer—you don't want the stove on for long—and keeps all the flavors fresh. If you grow these vegetables in your garden, this will be a particularly vibrant dinner. Serve this with gluten-free pita bread.

3 tablespoons coconut oil
1 large onion, peeled and sliced
2 cloves garlic, peeled and chopped
1 tablespoon yellow curry paste
1 zucchini, sliced lengthwise, cut in half, and chopped
1 yellow squash, sliced lengthwise, cut in half, and chopped
1 small eggplant, peeled and chopped
One 14-ounce can chickpeas, drained (or cooked from dried if you want)
Two 14-ounce cans full-fat coconut milk
1 pint grape tomatoes, cut in half
½ large bunch fresh cilantro, finely chopped
2 tablespoons finely chopped fresh mint
2 tablespoons fresh lemon juice
Kosher salt and freshly ground black pepper
2 cups cooked brown basmati rice

Cooking the aromatics. Set a Dutch oven over medium-high heat. Add the oil. When it has melted, add the onion and garlic and cook, stirring, until the onion is softened, about 5 minutes. Add the curry paste and stir vigorously until the onion and garlic are coated, about 1 minute.

Cooking the vegetables. Add the zucchini, yellow squash, and eggplant to the Dutch oven and cook, stirring occasionally, until the vegetables start to soften, about 5 minutes.

Simmering the ragout. Add the chickpeas and coconut milk and bring to a gentle boil. Turn down the heat to medium-low and simmer until the vegetables are tender without being mushy and the coconut milk has reduced a bit, 7 to 8 minutes.

Finishing the ragout. Add the tomatoes, cilantro, and mint to the stew. Cook for a minute or two until the cilantro and mint start to wilt. Pour in the lemon juice. Season with salt and pepper. Taste and season more if necessary. Turn off the heat. Serve over the brown rice.

Feeds 4