

# Tomato-Braised Chickpeas and Swiss Chard with Lemon-Tahini Yogurt

Prep to table: 25 minutes | Serves: 4

Here's how to braise: First, lightly fry to bring out flavor. Second, stew to cook and meld flavors. Third, describe the finished dish as "braised" to make it sound mysteriously elevated. The frying step draws out the caramel side of tomatoes and onions. The stewing step breaks down flavor silos to create a rich and smokey bowl of ~~beans~~ dreams.

The lemon-tahini yogurt sauce is a pro move, but swap for plain yogurt if you are light on motivation. I serve this dish as a thick stew in shallow bowls with a thick slice of toast.

## Ingredients:

- 1 Tablespoon olive oil
- 1 medium yellow onion, diced
- 1 teaspoon salt, divided
- 1/2 teaspoons turmeric
- Pinch of red pepper flakes (optional)
- 2 cloves garlic, minced
- 3 Tablespoons tomato paste
- 2 (15-ounce) cans of chickpeas
- 1 (15-ounce) can of diced tomatoes
- 1 bunch Swiss Chard, stem and leaves separated, stems chopped (like celery), and leaves roughly chopped
- 1 teaspoon balsamic vinegar
- Crusty bread (optional for serving)

## Lemon-Tahini yogurt

- ½ cup plain yogurt
- 1 lemon, juice and zest (about 2 Tablespoons juice)
- 1 Tablespoon tahini paste
- Salt

How to:

1. **Heat** olive oil in a large skillet over medium heat and add onion, chopped swiss chard stems and ½ teaspoon salt. Saute until soft and fragrant, about 4 minutes. Stir in the turmeric, optional chili flakes (if you like spicy), garlic, and tomato paste. Saute until garlic is fragrant and tomato paste caramelizes about 3 minutes.
2. **Add** the garbanzo beans and tomatoes with their liquids, and another ½ teaspoon salt. Continue cooking for 10 minutes, or until tomatoes begin to thicken

3. **Shake** together yogurt, lemon juice + zest, tahini, water, and salt to taste in a small lidded jar.
4. **Stir** in swiss chard leaves into tomato-bean mixture and continue cooking until just wilted. Turn off heat, stir in balsamic vinegar, and salt and pepper to taste.
5. **Serve** in shallow bowls with a generous dollop of lemon yogurt sauce and a side of crusty bread.

**Easy ingredient swaps:**

Kale for swiss chard, leaves only

Brown rice instead of bread for serving