

Vegetable and Chickpea Ragout

1 can (14.5 oz) diced tomatoes
1 cup canned chickpeas, rinsed and drained
½ cup Onion, diced
1 colve Garlic minced
¼ cup Broccoli
¼ cup Red Bell Pepper
½ tsp salt
¼ tsp dried oregano
¼ tsp black pepper
1/8 tsp red pepper flakes
4 Artichoke Hearts in water,
drained & quartered
½ cup frozen peas
¼ cup sliced black olives
½ cup whole wheat penne, cooked
¼ cup chopped fresh basil
2 Tbsp olive oil



In a frying pan with 2 Tbsp olive oil sauté onions, peppers, broccoli, and garlic for 3-5 minutes.

In a medium simmer tomatoes, chickpeas, onion, garlic, broccoli and red bell pepper mix, salt, oregano, black pepper, pepper flakes and a ½ cup water until liquid reduces by half, about 20 minutes.

Add artichokes, peas and olives; cook 10 minutes more.

Cook penne according to the directions. Toss the penne and basil in with the sauce mixture and serve.

This recipe courtesy Self Magazine