

Greek Chickpeas with Rice

This thick, rustic soup from Rhodes makes a satisfying dinner with a green salad. If you cook dried chickpeas instead of using canned beans, use the flavorful cooking liquid to replace some of the chicken stock. Adapted from "The Foods of the Greek Islands," by Aglaia Kremezi (Houghton Mifflin, 2000). Kremezi's recipe calls for white rice, but brown rice works equally well; it just takes longer to cook.

INGREDIENTS:

- ☐ 1/3 cup extra virgin olive oil
 - ☐ 1 large onion, minced
 - ☐ 1/2 cup dry white wine
 - ☐ 1-2 teaspoons Aleppo pepper (see Note) or red pepper flakes to taste
 - ☐ 4 cups chicken stock
 - ☐ 2 cups cooked chickpeas (canned OK)
 - ☐ 1 cup finely chopped canned tomatoes
 - ☐ 1 cinnamon stick
 - ☐ 1 bay leaf
 - ☐ 1 cup short-grain brown rice
 - ☐ Salt
 - ☐ 1/2 cup crumbled feta
 - ☐ 1/4 cup chopped Italian parsley
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INSTRUCTIONS: In a heavy pot, heat the olive oil over moderate heat. Add the onion and saute until soft, about 10 minutes. Add the wine and pepper or pepper flakes and simmer briskly over high heat for 1 minute. Add 2 cups of the stock,

the chickpeas, tomatoes, cinnamon and bay leaf. Bring to a simmer. Cover, adjust the heat to maintain a gentle simmer and cook 10 minutes.

Add the rice and the remaining 2 cups stock. Bring to a simmer, cover and adjust the heat to maintain a gentle simmer. Cook until the rice is tender, about 50 minutes. Season to taste with salt and discard the cinnamon stick and bay leaf. Stir in the feta, cover and let stand 10 minutes.

Serve in bowls, garnishing each portion with chopped parsley.

Serves 4

Note: Ground Aleppo pepper from Syria is available at Middle Eastern markets.

PER SERVING: 575 calories, 15 g protein, 67 g carbohydrate, 26 g fat (6 g saturated), 17 mg cholesterol, 354 mg sodium, 10 g fiber.