



Burghul Chickpea Tagine with Grilled Vegetables Recipe



Nutritional values (without vegetables, cheese, nuts, yogurt)

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	Total	1 serving
Energy:	2132 kcal	266 kcal
Cholesterol:	0 mg	0 mg
Sodium:	227 mg	28.3 mg
Carbs:	235 gr	29.3 gr
Dietary fiber:	52 gr	6.5 gr
Protein:	59 gr	7.37 gr
Fat:	109 gr	13.6 gr

Basic Ingredients (8 servings = 8 cups)

- 2 cups cooked chickpeas (500g) or other dried bean
- 5 cups boiling water or chickpea stock
- 2 cups coarse burghul/cracked wheat, quinoa or couscous
- 2 large onion, diced.
- 2 cups carrots, diced
- ¼ tsp of each: sweet paprika, hot paprika, ground pepper
- 1 Tbsp. of each: turmeric, curry powder, saffron
- 4-6 Tbsp. olive oil
- 1 tsp of each: dark brown sugar, salt
- 2 spring onions, thinly sliced
- Parsley for garnish
- Vegetables of your choice: avocado, zucchini, eggplant, etc.
- Optional: garlic, vegetable stock, butter
- Serving suggestions: add yogurt, Halloumi cheese, nuts

Directions

To cook the chick peas

Soak the chickpeas in water and ½ tsp Baking Soda at least 6-8 hours. Drain. Add cold water to the pot and boil for 5 minutes. Drain again. Add boiling water and boil with one roughly chopped onion and vegetable stock. Cook on medium heat for 45 minutes or until desired texture of beans. Add 2-3 Tbsp. of the olive oil, salt to taste.

To grill the vegetables

Wash and cut vegetables or keep whole and brush them lightly with olive oil. Grill in an oven or stove top grill pan.

To create the Tagine

Wash and rinse burghul in cold water. Heat oil in a large pot over medium heat. Add the rest of the onion, all spices and cook, stirring until the onions are translucent, add carrots and caramelize. Add sugar. Add chickpeas. Add the burghul and two cups of boiling water/chickpea stock, stirring every 3 minutes. Continue adding small amounts of hot liquid gradually until water is absorbed and burghul is cooked. Add 2 Tbsp. olive oil and mix. Turn off the heat and add butter and stir to coat the burghul well. Sprinkle spring onion and parsley for garnish.

Serve with grilled vegetables, nuts, grilled halloumi cheese and goat/sheep yogurt.