



# *Spanish Potato Stew*

## Ingredients

- 1 tablespoon olive oil
- ½ medium onion diced
- 2 cloves of garlic finely diced
- ¾ teaspoon smoked paprika
- ¼ cup dry white wine
- 1 can (14 oz) whole or diced tomatoes
- 1 cup vegetable stock
- 2 medium potatoes peeled and diced
- 1 can (14 oz) chickpeas drained and rinsed
- 2 large handfuls baby spinach
- salt and black pepper to taste

## Instructions

- Heat the oil in a medium pot over medium heat. Add the onion and cook until tender. Add the garlic and paprika and cook 30 seconds or until fragrant.
- Add the white wine and allow to simmer for about 1 minute.
- Add the tomatoes. If using whole tomatoes, break them up into chunks then add the stock and potatoes. Bring to a simmer, cover and reduce the heat to low.
- Simmer until the potatoes are tender, stirring occasionally for about 15 minutes.
- Uncover and add the chickpeas, spinach, salt and pepper. Simmer for a couple more minutes to heat the beans through and wilt the spinach.