

Vegetable and Chickpea Ragout

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Serves 2

INGREDIENTS

- 1 can (14.5 oz) diced tomatoes
- 1 cup canned chickpeas, rinsed and drained
- 1/2 cup [Onion and Garlic Mix](#)
- 1/2 cup [Broccoli and Red Bell Pepper Mix](#)
- 1/2 teaspoon salt
- 1/4 teaspoon dried oregano
- 1/4 teaspoon black pepper
- 1/8 teaspoon red pepper flakes
- 4 artichoke hearts in water, drained and quartered
- 1/2 cup frozen peas
- 1/4 cup sliced black olives
- 1/2 cup whole-wheat penne, cooked
- 1/4 cup fresh basil, chopped

Onion and Garlic Mix

Finely dice 3 large onions and 5 cloves garlic. Heat a heavy-bottomed skillet over high heat. Add 1 tbsp oil. Cook garlic and onion, stirring occasionally, until soft, 6 minutes.

Broccoli and Red Bell Pepper Mix

Finely dice 1 head broccoli and 3 large red bell peppers, seeded and cored. Heat a heavy-bottomed skillet over high heat. Add 1 tbsp oil. Cook, stirring occasionally, until vegetables turn slightly brown, 3 minutes.