

Spanish Saffron Chickpea Stew

Servings: 2 | **Prep Time:** 5 minutes | **Cook Time:** 18 minutes | **Total Time:** 23 minutes

This Spanish saffron chickpea stew is a simple, comforting one-pot meal inspired by the flavors of southern Spain. Made with pantry staples like chickpeas, crushed tomatoes, olive oil, and warm spices, it delivers rich flavor in under 25 minutes. Saffron adds a subtle floral aroma and golden color, with turmeric as a budget-friendly option.

Why You'll Love This Recipe

- Fast and affordable – ready in under 25 minutes
- Plant-based and filling with protein-packed chickpeas
- One pot with minimal cleanup
- Flexible ingredients with easy swaps
- Deep Spanish-inspired flavor without complicated steps

Ingredients

- 1 can chickpeas, drained and rinsed
- 1 cup vegetable broth
- ½ cup crushed tomatoes
- ¼ tsp saffron threads (or a pinch of turmeric)
- 1 garlic clove, minced
- 1 Tbsp olive oil
- ¼ tsp smoked paprika
- Salt and black pepper, to taste
- Optional: fresh spinach

Ingredient Notes & Substitutions

- **Saffron:** Blooming releases color and aroma; use sparingly.
- **Turmeric:** Budget-friendly color substitute without floral notes.
- **Smoked paprika:** Essential for Spanish-style depth.
- **Spinach:** Optional for freshness and added nutrients.

Instructions

Step 1: Bloom the saffron

Warm broth gently and steep saffron for 5 minutes.

Step 2: Cook the garlic

Heat olive oil and sauté garlic for 30 seconds.

Step 3: Add tomatoes and chickpeas

Stir in crushed tomatoes and chickpeas; cook 2 minutes.

Step 4: Add the broth

Pour in saffron-infused broth and bring to a gentle simmer.

Step 5: Season

Add smoked paprika, salt, and pepper. Adjust to taste.

Step 6: Simmer

Simmer uncovered 10–12 minutes until slightly thickened.

Step 7: Finish

Stir in spinach if using and serve warm.

Tips for Best Flavor

- Use good-quality olive oil for best flavor.
- Do not rush the simmer so chickpeas absorb seasoning.
- Add a splash of broth if stew thickens too much.

Serving Suggestions

- Crusty bread
- Steamed rice
- Roasted or boiled potatoes

Variations & Add-Ins

- Add protein: chorizo, shredded chicken, or extra white beans
- Add vegetables: bell peppers, zucchini, peas
- Make it spicy: chili flakes or hot smoked paprika
- Make it heartier: serve over rice or couscous

Storage & Reheating

Refrigerate: Store in an airtight container for up to 3 days.

Reheat: Warm gently on the stovetop or microwave, adding broth if needed.