



# Sauté Chickpea

**Prep Time**  
10 minutes

**Total Time**  
20 minutes

**Serving**  
4 people

Chickpea with tomatoes and onions is a simple yet delicious dish. The delicate flavors of the onion and tomato along with soft creamy chickpea when cooked is something you must experience with your appetizer happy hour.

## Ingredients

- 2 cans (15.5 oz per can) of chickpea
- 1 medium to large onion
- 1 large tomato
- 6 garlic cloves, minced
- 2 stalks scallions, finely cut
- 2-3 stalks cilantro
- 1-2 small pepper (optional)
- 1 tsp of roasted cumin
- 1 tablespoon cooking oil
- Salt to taste (~1 tsp)

## Directions

1. Drain and rinse the chickpea.
2. In a medium skillet pan over medium heat, add oil to the pan, when heated, add onion and garlic, sauté until it turns lightly brown.
3. Add cilantro, scallion and tomato, stir-fry until they are softened.
4. Add chickpea and cook for about 3 minutes.
5. Add cumin and salt, and cook for another 2 minutes
6. Now your dish is ready to serve. You can add any meat of your culture or hard-boiled eggs.