

STEWED TUNA AND CHICKPEAS WITH RICE

Stewed Tuna and Chickpeas with Rice

Gluten Free, Higher Fiber, Lower Saturated Fat, Vegetarian

Serves: 4 (Serving= 1 cup tuna and chickpeas plus 1/2 cup rice)

Nutrition (per serving)

Total Fat: 6 g

Saturated Fat: 1 g

Sodium: 502 mg

Total Carbohydrate: 37

Dietary Fiber: 9 g

Calories: 350

Protein: 22 g

Ingredients

- 1 Tablespoon canola oil
- 1 cup diced onion or 1 small onion, diced
- 1 - 15 ounce can chickpeas/garbanzo beans
- 1 - 14.5 ounce can diced tomatoes with juice
- 2 - 5 ounce cans chunk light tuna in water
- 1 teaspoon garlic powder
- 1 teaspoon ground cumin
- 2 cups cooked brown rice

Directions

1. Sauté onion in oil over medium-high heat for 3-5 minutes.
2. Add chickpeas, tomatoes, tuna, garlic powder and ground cumin. Stir to combine and cook an additional 6-7 minutes.
3. Serve over ½ cup brown rice.