

# Stew, Shiro Wat (Chickpea Flour Stew)

Total Yield: ~1 3/8 cup

Shelf Life: \_\_\_\_\_

Allergens: \_\_\_\_\_

## Components

Flour, Chickpea

Spice, Berbere Blend

Spice, Cardamom Pods Green

Spice, Cumin Ground

Spice, Garlic Powder

Salt, Coarse Kosher

Onion, Red Whole Fresh

Oil, Canola & Extra Virgin Olive Oil Blend 75/25 Import

Garlic, Whole Clove Peeled Fresh

Tomato, Paste Canned

Water, Tap