

chickpea CURRY

Directions

{ feeds: 2
takes: 15 minutes }

Ingredients

Rice

3 cups salted water
2 cups white rice

Curry

16 oz chickpeas
1 onion, diced
1 teaspoon fresh
ginger, minced
5 garlic cloves
1-3 teaspoons curry powder
1/2 teaspoon salt
1 medium tomato
2-3 tablespoons olive oil
water

> Cook rice: bring water to a boil, then add dry rice. Return to boil; then cover and reduce to a simmer. Cook for 15 minutes.

> Saute onions in olive oil for 3 minutes.

> Add ginger, garlic and curry powder (more or less depending on your preference), stir and cook for another minute or so.

> Add chickpeas and salt. Add a tablespoon of water.

> Cook and stir for another minute. Add tomatoes and cook for 5 minutes, stirring gently.

> Add another spoonful of water to thin, if needed.

> Serve over rice.

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