

CHICKPEA CURRY & RICE

Prep Time: 10 mins Cooking Time: 30-40 mins Servings: 4+



INGREDIENTS

- 2 medium yellow onions, diced
- 2-3 medium tomatoes, diced
- 4 garlic cloves, minced
- 1 tablespoon ginger, grated
- 2 15 oz cans of chickpeas
- 2 cups dry basmati rice
- 1/2 bunch cilantro, chopped
- 2 tablespoons Garam Masala
- 1 tablespoon olive oil*
- 1 tablespoon brown sugar*
- 1 tablespoon salt*

**ingredients that are not provided by the Good Food Bus*

INSTRUCTIONS

1. **Simmer Chickpeas** : Pour entire contents of both cans of chickpeas into a small saucepan with a lid. Place on a burner and simmer on medium heat for 20-35 minutes until tender.
2. **Prepare and Sauté Onion** : Meanwhile, peel and dice yellow onions. Heat up a large sauté pan on medium-high heat. Add olive oil, toss in onions, and let cook for 5-6 minutes, stirring often, until they're translucent and starting to brown.
3. **Cook Garlic and Deglaze Pot** : Peel cloves of garlic and mince. When the onions are done, toss in minced garlic. Cook garlic for 1-2 minutes, stirring continuously to prevent the garlic from burning. Add in the Garam Masala and stir into onions and garlic. Pour one cup of water into the mixture. *(Helpful Hint: Deglazing a pan after sautéing onions and garlic will help to remove anything that may be stuck to the bottom which will incorporate those flavors back into the soup and make cleaning up easier.)*
4. **Add Vegetables and Process** : Grate the ginger, dice tomatoes, and chop cilantro, then add to pan and mix well. Transfer contents to a blender or food processor and blend until smooth. If no blender is available use a potato masher in the pan to break down the solids.
5. **Add Chickpeas to Sauce** : At this point, the chickpeas should be tender. Drain off remaining liquid from chickpea saucepan, and pour chickpeas into curry sauce. Continue to simmer.
6. **Rinse and Cook Rice** : Rinse and drain rice in a strainer with cold water. Add 4 cups of water to a saucepan with the rice along with a pinch of salt and a splash of olive oil. Put saucepan on high heat, stirring every few minutes, until liquid comes to a boil. Once boiling, reduce heat to low and cover with lid. Cook until all liquid is absorbed and rice is tender, about 10-12 minutes.
7. **Place in Bowl** : Place cooked rice into bowl and top with chickpeas and sauce.

> Chickpeas are great served with a pad of butter, splash of cream, or coconut cream

> Tomato-based curry sauces are great served spicy, feel free to add some cayenne or fresh chilies to spice things up

> Goes great with naan or roti or really any kind of bread.

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www.goodfoodbus.org/blog

goodfoodmoves@gmail.com

207-513-3849

[@goodfoodbus](https://www.instagram.com/goodfoodbus)

