

# Chickpea Curry

EASY RECIPE  
HEALTHY  
INEXPENSIVE

## Ingredients

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- 1 T oil
- 1 diced onion
- 2 cloves minced garlic
- 1 1/2 piece minced ginger
- 2 T curry powder
- 1-2 cups of water or vegetable broth
- 2 potatoes boiled and cut up
- 1/4 lemon squeezed
- 2 cans of chickpeas
- 1- 14 oz can of diced tomatoes
- 1/2 bunch of cleaned chopped cilantro
- salt to taste

## Directions

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1. In a large pot, heat oil over medium high heat, until hot.
2. Add in the onion and sautee until translucent not brown, add ginger and garlic, fry until soft, about 2-3 minutes on a medium/low heat until very fragrant. Not Brown
3. Now add in all the dry ingredients, making a paste, on med low heat. If it becomes clumpy, add water to make it more of a paste. You can continuously add water until you get the right consistency. This is called masala, you want to keep the spices cooking on a low heat.
4. Your masala is ready when it has been slow cooking for 5-10 minutes and the oil has come to the top of the masala.
5. Add your potatoes in the pot, and fry in the masala, add spinach or any green, add salt.
6. Now add in the can of tomatoes, and broth/water, and cilantro
7. Bring to a boil, keep stirring. Turn down and simmer for 20-30 minutes with the lid half on and stir occasionally.
8. Taste to sauce and adjust salt as needed.
9. Add in lemon, chickpeas, and serve on rice

Cooking with Larissa

