

Chickpea Curry

Prep time:

5 minutes

Cook time:

10 minutes

Yields:

2 servings

Ingredients:

- 1 ½ cups cooked chickpeas or 1 can
- ½ cup vegetable broth
- 1 ½ cups diced tomatoes
- 1 teaspoon garlic powder or 1 tablespoon fresh, minced garlic
- 2 teaspoons curry powder
- ½ cup coconut milk
- 1 10-ounce bag frozen chopped spinach
- Salt and pepper to taste

Directions:

Combine all ingredients except spinach in a saucepan. Cook for 5 minutes, then add spinach. Cover and continue cooking until spinach is thawed and curry is warm, approximately 5 more minutes. Serve with brown rice, quinoa or other whole grain.

Chef Mat Shalenko

