



Coconut Curry Chickpeas

Buy It:

1 T Olive Oil
2-3 Garlic Cloves, Minced
1 Onion, Diced
1 Can (15 oz.) Chickpeas
1 Cup Diced Tomatoes (or 14.5 Oz Can)
1" Piece Ginger, Minced (or 1 T Dried)
1 † Cinnamon
1 † Cardamom (or 3 cracked pods)
1 † Ground Cloves
½ † Ground Allspice
1-2 T Curry Powder
1 can (small) Tomato Paste
½-1 Can (14 oz.) Coconut Milk
1 † Salt



Do It:

Heat oil in a pan over medium heat. Sauté the onion and ginger (if fresh) for about 10 minutes, until the onion is lightly browned. Add the garlic, and sauté for another minute, until the garlic just starts to soften.

Add all other ingredients except the tomato paste and coconut milk, and cook over medium heat for 5 minutes. Add the coconut milk (more or less depending upon how "saucy" you want it), then the tomato paste, and simmer for 15-20 minutes to combine all of the flavors and soften the chickpeas.

Serve over a bed of steamed veggies or brown rice.