CHICKPEA CARROT CURRY

VIDEO:

Use your smartphone camera or a QR reader to access a video on how to make this recipe!

INGREDIENTS

- 3 (12 oz) cans of chickpeas or garbanzo beans
- 1 large onion
- 2 cloves of garlic
- 2-4 cups of carrots
- 1-2 tbsp of curry powder
- 2 tsp of turmeric
- 1-2 tsp of cayenne pepper (optional)
- Salt to taste

TIME & TIPS

- Prep | 10 m
- Cook | 40 m

This curry recipe is very versatile. You can easily add other vegetables like potatoes, peas, or tomatoes. Although chickpeas are a great source of protein, for more protein you can add sausage or tofu!

PROCEDURE

01 Peel and chop onion, peel and mince garlic cloves and finely chop carrots.

Add chopped onion, garlic, and carrots to pot with oil. Heat on med-low heat. Add curry powder and turmeric. This meal is best served with rice, so don’t forget to begin making rice. Need help? Here is a video that shows you how to make perfect rice:

02 Rinse and drain cans of chickpeas. Once vegetables cook until fragrant and begin softening (7-10 minutes), add chickpeas, 2.5 cups of water, and cayenne pepper (optional). Cover pot.

Let curry cook for about 30 minutes on med-low heat. Once the carrots and chickpeas have softened significantly begin mashing the curry. Once combined serve with rice.