

Curried Chickpeas

Ingredients

- 2 tsp garlic
- 1/3 cup onion
- 6 tbsp red bell pepper
- 2 cups canned garbanzo (chickpea) beans
- 2 tsp vegetable oil
- 1/8 tsp kosher salt
- 3/8 tsp black pepper
- 3/8 tsp cumin
- 1/8 tsp cinnamon
- 1-1/2 tsp curry powder
- 1/2 cup water
- 1-1/2 cup canned diced tomatoes, no salt added

Notes

Number of Portions: 4

Serving Size: 1/2 cup

Nutrition Facts: 189 calories, 4.54 g fat, 0.89 g saturated fat, 587 mg sodium, 30 g carbohydrate, 11.21 g fiber, 3.4 g sugar, 7.57 g protein

Directions

1. Mince garlic, onions, and peppers. Drain chickpeas and set aside.
2. Heat oil, add garlic, and cook for 30 seconds then add the onions, peppers, and salt. Cook until soft.
3. Add pepper, cumin, cinnamon, and curry powder. Cook for 2 minutes.
4. Add water and bring to a boil. Reduce heat then stir in the chickpeas and tomatoes. Simmer for 20 minutes.

