

CHICKPEA CURRY FOR TWO

1 (14 oz) can chickpeas, (garbanzo beans) drained and rinsed
1 Tbsp oil
½ lb. mushrooms, chopped
1 onion, chopped
1 garlic clove, chopped or 1 tsp minced from jar
2 inches fresh ginger, grated, or ¼ -1 Tbsp ground to taste
¼ tsp red chili powder
1/2 tsp cumin powder
¼ tsp coriander powder
¼ tsp turmeric
¼ tsp salt (optional)
1 tomato, chopped
¼ tsp garam masala (used in Indian cooking)

Heat a deep saucepan and add the oil, followed by onions, mushrooms and garlic. Heat the mixture until the onions are caramelized.

Add salt, cumin, coriander, turmeric, and red chili powder. Mix for a minute then add in the chopped tomato. Cook the sauce until it begins to thicken.

Add ¼ cup water and stir. Add chickpeas and mix.

Mash a few of the chickpeas while cooking. Cover and simmer for 5 minutes.

Then add grated ginger and garam masala. Cook for another minute.

Serve over rice, couscous, quinoa. Etc

Nutritional Analysis (not including the rice)

Calories 361

Fat 9.8 grams (1.4 sat)

Protein 15 grams

Carbs 58 grams

Sodium 900 mg (if using the salt)

Potassium 960 mg

Fiber 11.6 mg

Exchange system: count as 2 protein + 2 starch + 1 fat + 1 veggie

From www.recipezaar.com

I just slightly adapted it or gave other options.