



COCONUT CHICKPEA CURRY

SERVES 4

@KICKCRAMPSASS

INGREDIENTS

- 1/4 CUP SPRING WATER
- 1 MEDIUM RED ONION, DICED
- 1/2 GREEN BELL PEPPER, DICED
- 1/2 RED BELL PEPPER, DICED
- 2 CUPS TOMATOES, DICED
- 2 CUPS CHICKPEAS, COOKED
- 2 GARLIC CLOVES, MINCED
- 1 TABLESPOON GARAM MASALA
- 1 TABLESPOON CURRY POWDER
- 1 TEASPOON CUMIN
- 1/2 TEASPOON BLACK PEPPER
- 1/2 TEASPOON GINGER, MINCED
- 1/2 TEASPOON TURMERIC, MINCED
- 1/2 TEASPOON PEPPER FLAKES (OPTIONAL)
- 2 CUPS SPINACH
- 1 CAN (13.5 OZ) COCONUT MILK
- 1 POTATO, DICED
- 1/2 LIME, SQUEEZED FOR JUICE

PROCEDURE

- 01** IN A LARGE POT OVER MEDIUM-HIGH HEAT, ADD THE WATER.
- 02** ADD IN THE ONIONS, GARLIC, AND BELL PEPPERS. ADD HALF OF EACH SPICE (EXCEPT FOR CURRY AND GARAM MARSALA) OVER THE MIXTURE AND STIR TOGETHER.
- 03** ADD IN THE CHICKPEAS, POTATOES, TOMATOES, COCONUT MILK, AND ALL REMAINING SPICES. STIR TO COMBINE THEN BRING TO A BOIL. ONCE BOILING, DROP TO A SIMMER THEN ADD SPINACH.
- 04** COOK FOR 15 MINUTES. TASTE AND ADD ANY ADDITIONAL SEASONINGS AS YOU SEE FIT. SQUEEZE THE LIME LIGHTLY OVER THE TOP OF THE CURRY, STIRRING TO COMBINE. ALLOW TO COOL FOR 5 MINUTES, THEN SERVE.
- 05** ENJOY!

NUTRITION FACTS

- CALORIES: 405
- TOTAL FAT: 23.43G
- SATURATED FAT: 18.39G
- SODIUM: 42MG
- POTASSIUM: 1058MG
- TOTAL CARBOHYDRATES: 42.97G
- DIETARY FIBER: 11.1G
- SUGARS: 8.66G
- PROTEIN: 12.46G
- VITAMIN A: 2405IU
- MAGNESIUM: 132MG
- PHOSPHOROUS: 312MG
- VITAMIN C: 52.1MG
- CALCIUM: 123MG
- IRON: 7.88MG
- VITAMIN K: 89.3UG
- ZINC: 2.43MG
- VITAMIN E: 2.2MG