

Simple Chickpea Curry

Prep Time 10 mins
 Total Time 30 mins
 Meal Type Lunch,Dinner,Snack,Side
 Contributed By



Source Living Plate

Servings 4



Ingredients

lb,c g,ml

- 1 Tbs Olive Oil
- 1/2 Onion, red, *Chopped*
- 1 Bell Pepper, red, medium, *chopped*
- 1 Sweet potato, small, *peeled and chopped* (1 cup)
- 1 clove Garlic, *minced*
- 1 Tbs Ginger, fresh, *peeled and grated or minced*
- 1 Tbs Curry Powder
- 1 1/2 cups Coconut Milk, full-fat, canned (full fat)
- 2 cups Vegetable broth, *low-sodium*
- 1 1/2 cups Chickpeas, *drained and rinsed* (~1, 15 Ounce Can)
- 2 cups spinach leaves, *chopped*
- 1/2 tsp Salt
- 1 Lime, *juiced*
- 1/4 cups Basil, fresh, *chopped*
- Pepper, *to taste*
- 1/4 cups cilantro, *chopped*

Directions

Prep

1. Drain and rinse chickpeas.
2. Chop onion, pepper, and spinach. Mince garlic and ginger.
3. Peel and chop sweet potato.

Make

1. Heat the olive oil in a soup pot over medium heat and sauté onion until soft. Add pepper and sweet potato and sauté until pepper is soft - about 5 minutes.
2. Add in the garlic, ginger, and curry powder and cook until fragrant, about 1 minute.
3. Add the coconut milk, vegetable broth, chickpeas, and salt to the pot and stir to combine. Bring to a boil, then lower the heat and cover, simmering for 10 minutes.
4. Remove from the heat and stir in the spinach, lime juice, and fresh basil. Season with pepper.
5. Serve topped with cilantro.

Notes

Use whatever vegetables you have on hand - cauliflower, carrots, and butternut squash all do well in this recipe.

Source: Nutrient data for this listing was provided by USDA Food Composition Database. Each "-" indicates a missing or incomplete value.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

Nutrition Facts	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
	Total Fat 23.3g		35%	Total Carbohydrates 31g
Saturated Fat 16.5g		82%	Dietary Fiber 8g	31%
Trans Fat 0.0g			Total Sugars 5g	
Calories 349	Cholesterol 0mg	0%		

* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet.

per serving

Sodium 403mg

17%

Protein 8g

2,000 calories a day is used
for general nutrition advice.

Vitamin D 0mcg 0% · Calcium 96mg 9% · Iron 5mg 29% · Potassium 726mg 15%

[- Show all nutrients -](#)

