



# 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.

02

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:



03

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.

04

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.