Tomato Chickpea Curry

12 ingredients · 20 minutes · 3 servings

Directions

1. Add the water to a pot over medium heat. Add the garlic, onion, and ginger and cook for three to five minutes until the onions begin to soften. Stir in the coriander, cumin, turmeric, and salt and continue to cook for another minute.
2. Add the chickpeas and tomatoes and stir to combine. Bring the curry to simmer and cook for about 10 minutes, or until it has thickened.
3. Stir in the garam masala and the cilantro. Divide between plates and enjoy!

Notes

Leftovers
Refrigerate in an airtight container for up to four days.

Serving Size
One serving is approximately one cup.

More Flavor
Use vegetable broth instead of water.

More Veggies
Stir in baby spinach.

Serve it With
Rice, quinoa, roasted potatoes, tortillas, flatbread, or crusty bread.

Ingredients

1/2 cup Water

2 Garlic (clove, minced)

1 Yellow Onion (medium, chopped)

1 1/2 tsps Ginger (fresh, minced or grated)

1 tsp Coriander

1 tsp Cumin

1/2 tsp Turmeric

1/2 tsp Sea Salt

2 cups Chickpeas (cooked, rinsed)

1 1/2 cups Diced Tomatoes (canned with the juices)

1/2 tsp Garam Masala

1/4 cup Cilantro (chopped)