

Jamaican Chickpea Curry

Ingredients:

Serves 3

- 2 cups boiled chickpeas
- 1 cup unsweetened coconut milk
- ½ Tbs curry powder
- 1 large potato diced
- ½ cup carrot diced
- 1 medium tomato blended
- ⅓ cup chopped onion
- 1 scallion chopped
- 2 garlic cloves crushed
- 1 tsp fresh grated ginger
- ½ tsp allspice
- ½ tsp fresh thyme
- ½ tsp Himalayan pink salt
- 2 hot green chili peppers
- 1 Tbs olive oil
- ¼ cup water
- 1 tsp ground cumin
- 1 tsp ground coriander
- 2 cloves
- 1 bay leaf

Directions:

1. In a large pot on medium heat, add oil, cloves, bay leaf, allspice, chili peppers, and curry powder and sauté for 1 minute.
2. Add onion, garlic, ginger, and scallions and sauté for 2-3 minutes.
3. Add the potato and chickpeas and cook for 5 minutes stirring continuously.
4. Add tomato, carrot, coconut milk, thyme, cumin, coriander, garam masala, salt and water. Cover and cook for 30 minutes until the potato and carrot soften.
5. Crush some of the potatoes and chickpeas to thicken the sauce (optional)



*SOY FREE



*VEGAN



Nutrition Facts

3 servings per container
Serving size **1 3/4 cups**

Amount per serving

Calories **440**

% Daily Value*

Total Fat 11g **14%**

Saturated Fat 2.5g **13%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 190mg **8%**

Total Carbohydrate 72g **26%**

Dietary Fiber 16g **57%**

Total Sugars 12g

Includes 0g Added Sugars **0%**

Protein 18g

Vitamin D 0.8mcg **4%**

Calcium 250mg **20%**

Iron 8.8mg **50%**

Potassium 780mg **15%**

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.