



Curried Chickpeas

Servings: 10

1/3 cup Olive oil
1 1/4 pounds Onions diced
1 1/4 pounds Sweet Potatoes
1/8 cup Garlic minced
4 cups canned Canned Garbanzo Beans
1 7/8 tablespoons Curry Powder
2 1/4 cups Coconut Milk
2 5/8 tablespoons Tomato Paste
1/3 pound Baby spinach fresh
5/8 tablespoon Salt

1. Cook onions in oil for 5-10 minutes until crisp-soft.
2. Bake sweet potatoes until easily pierced by a pairing knife.
3. Add beans, garlic, curry powder, salt, and coconut milk.
4. Bring to a simmer.
5. Cover and cook for 5-10 minutes.
6. Stir in tomato paste.
7. Add spinach and sweet potatoes.
8. Cover and cook for 10-15 minutes.

SERVE WITH BASMATI RICE.

Per Serving (excluding unknown items): 237 Calories; 20g Fat (72.8% calories from fat); 2g Protein; 15g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 459mg Sodium. Exchanges: 1/2 Grain (Starch); 0 Vegetable; 0 Fruit; 4 Fat.