Chickpea Curry by Lynn's Recipes

Lynn demonstrates how to make a healthy Chickpea Curry that is delicious served with rice, pitas or Naan. This would make a delicious dinner. Adapted from Everyday Food Magazine.

Ingredients:

- 1 Tablespoon olive oil
- 1 large yellow onion, diced small
- 3 garlic cloves, minced
- 1 Tablespoon curry powder
- 1 cinnamon stick (3 inches)
- Pinch ground cloves
- 2 cans (15 ounce each) no salt added chickpeas, rinsed and drained
- 3 Tablespoons ketchup
- 1 teaspoon salt
- ¼ teaspoon ground black pepper
- 2 cups water
- Chopped cilantro and lemon wedges (optional) for serving

In a large straight-sided skillet, heat oil over medium-high heat. Add onion and cook, stirring occasionally, until dark brown around the edges, about 6 minutes. Add garlic, curry, cinnamon, and a pinch of cloves and cook, stirring, until fragrant, 30 seconds. Add chickpeas, ketchup, 1 teaspoon salt, ¼ teaspoon pepper, and 2 cups water. Bring to a boil; reduce to a simmer, cover, and cook 20 minutes. Uncover and increase heat to medium-high; cook until sauce is slightly reduced, 5 minutes. Serve topped with cilantro, with lemon wedges along the side, if desired.

Serves 4

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