

RECIPE

Coconut Curry Chickpeas



This Indian-inspired meal is perfect for dinner after a long day, as it is quick, simple, and satisfying. Its meaty texture is reminiscent of a hearty stew and will be your go-to all year round.

Ready in **30 minutes**

Serves **6-8 people**

Tools

- Large skillet
- Spatula

Ingredients

- 4 cups Chickpeas
- ½ cup Diced white onions
- ½ Chopped red peppers
- 2 cups Coconut milk
- 2 tsp Curry powder
- 1 ½ tsp Garlic powder
- 1 tsp Black pepper
- ½ tsp Garam masala
- 1 ½ tsps Cumin
- Sea salt to taste
- 1 tsp Chili powder
- 1 tbsp Vegetable oil

Preparation

Saute onions and peppers in a skillet on high heat with 1 tbsp of oil. Once onions are translucent, toss in the chickpeas and stir until fork tender. Pour in your can of full-fat coconut milk, switching to low-medium stirring for even coverage of the chickpeas (aim for a stew-like texture). Add the seasonings to taste and let simmer on low-heat for 5-10 mins. Serve with a side of basmati rice and enjoy!



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