

Chickpea Curry with Amaranth

INGREDIENTS

serves 4-6

1 Tablespoon coconut oil

½ c. red onion, small dice

1 clove garlic, pressed or rough chopped

1 Tablespoon fresh ginger, grated

1 Tablespoon jalapeno, small dice

1 bay leaf

2 teaspoon curry powder

¼ teaspoon turmeric

½ teaspoon salt

¼ teaspoon black pepper or several cracks from the shaker

1, 14 oz can diced tomatoes

1, 14 oz can coconut milk

1, 14 oz can chickpeas, rinsed

~ 3 cups chopped amaranth or your favorite greens

(cont.)

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PROCEDURE

1. Add coconut oil to a medium size sauté or cast iron pan. Place the pan on the burner set to medium low heat. When the oil has melted and glides across and coats the pan completely, add onion and cook until it starts to get soft. Lightly stir the onion so it cooks evenly.
2. Once the onion begins to soften, add garlic, ginger, jalapeno, and stir.
3. Then add bay leaf, curry powder, turmeric, salt, and spices. Gently stir all this together making sure they evenly cover the veggies.
4. Let it all cook together a little longer, about 3 minutes. Add tomatoes and stir. Then slowly add coconut milk. Let simmer together a little longer until everything in the pan looks combined. Add chickpeas and cook for a minute or two.
5. Finally add the greens and cook until wilted.
6. Taste for salt and pepper.

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Cooking Notes & Tips

Sprinkle a little salt over the onion. This helps it start to cook and begins the process of adding flavor.

Adding spices to your veggie base and sautéing briefly before adding liquid (in this case coconut milk and tomatoes) builds flavor into the dish.

You want the chickpeas to get hot and coated with the sauce. This helps to meld flavors

Serving suggestions: Serve with Brown Rice. You can add a fried egg for more protein.