Curried Chickpeas

Amount 6 servings
Time 10 minutes prep, 20 minutes cooking, 30 minutes total

Ingredients

- 2 tbsp olive oil
- 1 medium yellow onion
- 2 cloves garlic
- 2 (15 oz.) cans chickpeas, drained
- 1 (20 oz.) can tomato sauce
- 1 cup water
- 1 tbsp curry powder
- 1/2 bunch fresh cilantro

Steps

1. Dice the onion and mince the garlic.
2. Cook the onion and garlic in a large pot with olive oil over medium heat until softened (3-5 minutes).
3. Drain the canned chickpeas and add to the pot.
4. Also add the tomato sauce, water and curry powder.
5. Stir the pot until everything is evenly mixed. Bring the mixture up to a simmer over medium heat.
6. While the chick peas are simmering, rinse the cilantro and pull the leaves from the stems. Roughly chop the leaves and add them to the pot.
7. Give everything a stir and continue to simmer until the sauce has reduced to a thick consistency (about 20 minutes total). Stir the pot every few minutes to prevent the sauce from burning and sticking to the bottom.

Notes

Cilantro optional. Tasty with rice or naan.