

# Slow Cooker Indian Chickpea Curry

Yield: 6 min  
Total Time: 370 min

Recipe from: <https://www.recipeschoose.com/recipes/canned-beans-indian-recipe>

## Ingredients:

- 2 tablespoons cooking oil organic
- 1 onion diced
- 2 cloves garlic minced, substitute asafoetida if desired
- 1 inch ginger peeled and grated
- 1 teaspoon cumin
- 1 teaspoon coriander
- 1 teaspoon turmeric
- 1 teaspoon salt
- liquid
- 3 cups chickpeas
- canned beans
- 1 can diced tomatoes optional
- 1/2 teaspoon Garam Masala
- salt to taste

## Nutrition:

1. Calories: 180 calories
2. Carbohydrate: 27 grams
3. Fat: 6 grams
4. Fiber: 5 grams
5. Protein: 6 grams
6. Sodium: 830 milligrams
7. Sugar: 2 grams

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