Indian Spiced Chickpea Curry

Yield: 4 min
Total Time: 35 min

Recipe from: https://www.recipeschoose.com/recipes/chickpea-curry-recipe-healthy-indian-vegetarian

Ingredients:

- 2 tablespoons olive oil
- 3/4 cup yellow onion diced
- 2 cups tomatoes roughly chopped and drained of any water or juices
- 1 tablespoon minced garlic
- 1 jalapeño pepper seeds and stem removed
- 1/4 teaspoon sea salt
- 1/8 teaspoon ground black pepper
- 1/4 teaspoon chili powder or more for added heat
- 1/2 teaspoon curry powder
- 1/4 teaspoon ground turmeric
- 1 teaspoon ground cumin
- 1/2 teaspoon ginger powder
- 1/2 teaspoon coriander seeds crushed
- 2 bay leaves
- 3 cups chickpeas cooked, garbanzo beans
- chopped cilantro Freshly

Nutrition:

1. Calories: 270 calories
2. Carbohydrate: 42 grams
3. Fat: 9 grams
4. Fiber: 8 grams
5. Protein: 9 grams
6. SaturatedFat: 1 grams
7. Sodium: 610 milligrams
8. Sugar: 4 grams

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