

# Chickpea Indian Bowl

Yield: 4 min  
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/chickpea-indian-recipe-spicy>

## Ingredients:

- rice
- 2 cups water
- 1 tablespoon butter
- 1 dash salt
- 1 cup basmati
- sauce Chickpea
- 1 tablespoon olive oil
- 1 sweet onion diced
- 3 cloves garlic minced
- 1 tablespoon curry heaping
- 1/2 teaspoon cumin powder
- 1/2 teaspoon cinnamon
- 1/4 teaspoon ground ginger
- 1/4 teaspoon coriander
- 28 ounces diced tomatoes
- 15 ounces chickpeas drained
- 1/3 cup half-and-half or coconut milk
- salt to taste
- lime squeeze of
- plain greek yogurt
- cilantro
- Sriracha

## Nutrition:

1. Calories: 520 calories
2. Carbohydrate: 93 grams
3. Cholesterol: 15 milligrams
4. Fat: 12 grams
5. Fiber: 10 grams

6. Protein: 14 grams
  7. SaturatedFat: 4 grams
  8. Sodium: 840 milligrams
  9. Sugar: 15 grams
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