

Crock-Pot Indian Chickpea

Yield: 4 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/slow-cooker-indian-vegetarian-recipe>

Ingredients:

- 1 teaspoon cooking oil vegetable or canola
- 1 onion Large, diced
- 2 cloves garlic minced
- 1 inch ginger grated
- 30 ounces chickpeas rinse and drain them thoroughly before using
- 3 cups water
- 3 diced tomatoes Medium Tomatoes
- 1 teaspoon chilli powder
- 1 teaspoon turmeric
- 1 teaspoon salt
- 1/2 teaspoon garam masala Indian mix of spices, available in grocery stores. If you can't find it you can substitute with curry powder
- onion wedges
- lemon slices
- cilantro

Nutrition:

1. Calories: 290 calories
2. Carbohydrate: 57 grams
3. Fat: 3.5 grams
4. Fiber: 11 grams
5. Protein: 12 grams
6. Sodium: 1250 milligrams
7. Sugar: 2 grams

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