

Slow Cooker Chickpea Curry

Yield: 6 min
Total Time: 495 min

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

Ingredients:

- 16 ounces chickpeas dried
- 1 tablespoon olive oil
- 1 1/2 cups onion diced
- 5 cloves garlic finely chopped or minced
- 1/4 cup tomato paste
- 2 cups tomatoes diced
- 2 tablespoons cumin
- 2 teaspoons cayenne pepper
- 1 1/2 teaspoons turmeric
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon baking soda this helps chickpeas to soften when cooking, just 1/4 tsp.
- 3 cups water
- 1 tablespoon garam masala
- 14 coconut milk

Nutrition:

1. Calories: 170 calories
2. Carbohydrate: 29 grams
3. Fat: 4 grams
4. Fiber: 6 grams
5. Protein: 6 grams
6. Sodium: 380 milligrams
7. Sugar: 5 grams

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