

Indian Chickpea Stew

Yield: 8 min
Total Time: 40 min

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

Ingredients:

- 1 tablespoon grapeseed oil
- 1 white onion large, chopped
- 4 cloves Garlics, minced
- 28 ounces diced tomatoes
- 30 ounces garbanzo beans drained and rinsed
- 2 cups vegetable broth low sodium kind recommended
- 1 1/2 teaspoons turmeric
- 2 teaspoons ground cumin
- 1 teaspoon coriander seed
- 2 teaspoons fresh ginger ground or fresh
- 1 teaspoon salt
- 1 bay leaf
- 6 ounces baby spinach
- brown rice for serving

Nutrition:

1. Calories: 470 calories
2. Carbohydrate: 78 grams
3. Fat: 9 grams
4. Fiber: 20 grams
5. Protein: 23 grams
6. SaturatedFat: 1.5 grams
7. Sodium: 580 milligrams
8. Sugar: 16 grams

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