

# Garam Masala Coconut Curry

Yield: 4 min  
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-curry-gram-masala-powder-recipe>

## Ingredients:

- 1 cup quinoa
- 1 onion large, chopped
- 4 tomatoes medium size, chopped
- 1 tablespoon olive oil or other cooking oil
- 1 can coconut milk
- 1 can chickpeas drained
- 1 1/2 tablespoons Garam Masala powder
- 1 teaspoon curry powder
- salt
- pepper
- dried chili flakes to garnish, optional

## Nutrition:

1. Calories: 590 calories
2. Carbohydrate: 69 grams
3. Fat: 31 grams
4. Fiber: 13 grams
5. Protein: 16 grams
6. SaturatedFat: 22 grams
7. Sodium: 550 milligrams
8. Sugar: 8 grams

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