

Easy Indian Butter Chickpeas

Yield: 8 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-for-indian-butter-chickpeas>

Ingredients:

- 4 tablespoons butter divided
- 1 onion large, finely chopped
- 3 garlic cloves minced
- 1 tablespoon ginger freshly grated
- 2 tablespoons Garam Masala
- 2 teaspoons curry powder
- 1 teaspoon turmeric
- 1 teaspoon cayenne pepper adjust to taste
- 1/4 teaspoon ground cumin
- 1/4 teaspoon salt
- 6 ounces tomato paste
- 14 ounces diced tomatoes
- 14 ounces full fat coconut milk I used Aroy-D
- 46 1/2 ounces chickpeas drained and rinsed
- 1 tablespoon cornstarch or arrowroot powder
- 4 tablespoons heavy cream

Nutrition:

1. Calories: 440 calories
2. Carbohydrate: 51 grams
3. Cholesterol: 30 milligrams
4. Fat: 23 grams
5. Fiber: 10 grams
6. Protein: 11 grams
7. SaturatedFat: 16 grams
8. Sodium: 790 milligrams
9. Sugar: 6 grams

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