

# Slow Cooked Curried Chickpeas

Yield: 7 min  
Total Time: 70 min

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

## Ingredients:

- 2 cups chickpeas
- 6 1/2 cups hot water depending on desired consistency
- 2 black cardamom pods
- 2 pieces cassia
- 6 cloves
- 2 bay leaves
- 1/4 teaspoon turmeric
- 1/4 teaspoon red chile ground Indian, see spice preparation note
- 2 teaspoons salt
- 3 tablespoons canola oil
- 1 yellow onion large, diced small
- 6 cloves garlic coarsely chopped
- 1 piece ginger fresh peeled and coarsely chopped
- 1 tomatoes medium coarsely chopped
- 2 whole tomatoes canned peeled
- 1 1/2 tablespoons coriander ground
- 2 teaspoons cumin roasted, see spice preparation note
- 1/4 teaspoon turmeric
- 1/4 teaspoon red chile ground Indian
- 3/4 teaspoon green mango powder
- 1/2 teaspoon black salt
- 1/2 teaspoon ground black pepper
- 2 serrano chiles halved lengthwise
- 1/4 cup water
- cilantro chopped for garnish, optional

## Nutrition:

1. Calories: 140 calories
  2. Carbohydrate: 18 grams
  3. Fat: 7 grams
  4. Fiber: 4 grams
  5. Protein: 4 grams
  6. Sodium: 1000 milligrams
  7. Sugar: 2 grams
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