

Indian Chickpea Coconut Curry

Yield: 4 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/west-indian-vegetarian-curry-recipe>

Ingredients:

- 1 tablespoon coconut oil
- 1 yellow onion finely chopped
- 3 cloves garlic minced
- 1 tablespoon ginger fresh grated
- 1 tablespoon curry powder
- 15 ounces crushed tomatoes
- 14 ounces coconut milk
- 15 ounces chickpeas drained and rinsed
- 4 cups fresh spinach chopped packed
- chopped fresh cilantro Optional garnish:

Nutrition:

1. Calories: 450 calories
2. Carbohydrate: 44 grams
3. Fat: 29 grams
4. Fiber: 10 grams
5. Protein: 11 grams
6. SaturatedFat: 24 grams
7. Sodium: 500 milligrams
8. Sugar: 4 grams

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