

POTATO CHICKPEA CURRY



SERVES 1

INGREDIENTS

Curry

- 1 large potato, diced
- ½ cup cooked or canned chickpeas, drained
- 1 cup tomatoes, diced
- 1 carrot, diced
- 1 cup fresh or frozen broccoli, chopped
- ½ teaspoon curry powder, or to taste
- ¼ cup homemade yogurt (see recipe, below)

Homemade soy yogurt

- 1/2 cup of yogurt from previous batch (for first batch, use 1 probiotic capsule per 1 cup milk OR ½ cup store-bought soy yogurt as a 'starter')
- 4 cups soy (or plant-based) milk

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This is a simple yet hearty staple recipe, easy to make and great to have on hand as leftovers. The flavoring is very forgiving and can be altered with herbs and spices to suit your and your family's taste.

INSTRUCTIONS

1. Mix together all ingredients except yogurt, and cook until soft. Stir in yogurt, or top, to serve.

YOGURT

1. Preheat oven to 200 degrees F (or lowest setting if it doesn't go that low)
2. Mix soy milk and starter together well and pour into an empty jar or heatproof container.
3. Turn oven off. Place container in oven for 8 hours, then refrigerate before serving.

SERVES 4

INGREDIENTS

Curry

- 3-4 potatoes, diced
- 2 cups cooked or canned chickpeas, drained
- 1 large 28 ounce jar of diced tomatoes, or 4 cups fresh, diced
- 3-4 carrots, diced
- 4 cups fresh or frozen broccoli, chopped
- 2 teaspoons curry powder, or to taste
- 1 cup homemade yogurt



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