

Vegetable Chickpea Curry



This is a great base recipe that can be varied endlessly to suit your taste preferences or whatever veggies you have on hand. If you prep the vegetables and whole grains to serve ahead of time, you can have this on the table in minutes.

Serves 6

INGREDIENTS

1 tablespoon (15 milliliters) oil (or
2 tablespoons [30 milliliters] water)

½ large onion, medium dice

½ teaspoon (2.5 milliliters) salt, optional

1 medium sweet potato, large dice (can
substitute yellow or white potatoes)

1 teaspoon (5 milliliters) black or brown mustard
seeds, optional

1 teaspoon (5 milliliters) whole cumin seeds,
optional

1 tablespoon (15 milliliters) curry powder (use
sweet curry powder for mild, and hot curry
powder for spicy)

1½ teaspoons (7.5 milliliters)
brown sugar or date paste

1½ teaspoons (7.5 milliliters) peeled and minced
or grated fresh ginger

2 cloves garlic, minced

Dash of cayenne pepper, optional

2 cups (480 milliliters) vegetable broth

1 (14.5-ounce or 400-gram) can chickpeas,
drained and rinsed

½ green bell pepper, medium dice

½ red bell pepper, medium dice

½ medium head of cauliflower, cut into
bite-sized florets

1 (14.5-ounce or 400-gram) can low-sodium
tomato sauce

5 ounces (140 grams) baby spinach

½ cup (120 milliliters) coconut milk (do not use
lite or low-fat)

¼ cup (60 milliliters) chopped cilantro, optional

¼ cup (60 milliliters) finely sliced green onions,
optional

1 lime, cut into 8 wedges, optional

INSTRUCTIONS

1. Heat a 6-quart (6-liter) stock pot (soup pot) over medium heat, then add oil (or water). Add onion and sauté with ½ teaspoon of salt (optional), stirring frequently, for 5 minutes or until it starts to become translucent. Cover pot when not stirring.
2. Add the potatoes and cook for another 2 minutes, stirring frequently.

3. Move the onions and potatoes to the sides of the pan. In a clear area in the middle of the pan, add mustard seeds, cumin seeds, curry powder, brown sugar, ginger, garlic, and cayenne and cook, stirring continuously for 30 seconds or until fragrant. (If using date paste in lieu of brown sugar, wait to add this until the end of Step 4.)
4. Pour a little (about ¼ cup [60 milliliters]) broth into the pan and stir to scrape up anything that is stuck to the bottom of the pan and decide if you want to finish the curry on the stovetop or in a slow cooker.

Stove top: Add the rest of the broth, chickpeas, green and red pepper, cauliflower florets, and tomato sauce to the pot. Stir well and bring to a simmer. Then, reduce heat to low (or so stew is gently bubbling) and cover. Cook for 15 minutes, stirring occasionally.

Slow cooker: Add the onion and potato mixture along with the rest of the broth, chickpeas, green and red pepper, cauliflower florets, and tomato sauce to the slow cooker (at least 1-gallon [4-liter] size). Cover and cook for 4 hours on high or for 8 hours on low.

5. Just before serving, add spinach and coconut milk. Stir until spinach wilts. Taste and adjust seasoning as desired.
6. Serve alone or with brown rice. Garnish with cilantro, green onions, and lime wedges, if desired.

NOTES

- Feel free to swap out any of the vegetables for others that you prefer or based on what is in season.
- To simplify the recipe, you can add extra curry powder and omit the mustard seed, cumin seed, and cayenne.
- This keeps for 5 days in the refrigerator but also freezes and reheats well.

Nutritional Info (per ½ recipe): Calories 233, Total Fat 8.4 g, Saturated Fat 4.2 g, Cholesterol 0 mg, Sodium 370 mg, Total Carbohydrate 35 g, Dietary Fiber 10.1 g, Sugars 13.7 g, Protein 9.2 g, Vitamin A 46%, Vitamin C 155%, Calcium 11%, Iron 22%

► To view the video for this recipe, and all electronic resources associated with the Culinary Medicine Curriculum, please see <https://bit.ly/culinarymededucation>.
