

~ SPINACH + CHICKPEA + TOMATO "CURRY" ~

ingredients:

- olive oil - to coat skillet
- 1 large onion, thinly sliced
- 3 garlic cloves, minced
- 1 tsp fresh minced ginger
- 2 tsp gram masala
- 1 tsp cumin

other spice additions (optional): ground,
toasted fennel seed (1 tsp), coriander (1 tsp)

- shake of red pepper flakes
- 2 14 oz cans chopped tomatoes
- dash of sugar
- 2 cups cooked chickpeas
- generous handfuls of spinach
- squeeze of fresh lemon

directions:

1. Heat skillet over med heat, add olive oil, then onions and cook till translucent, 4-5 minutes.
2. add garlic and ginger, cooking 1-2 minutes more
3. add the spices, stirring so the onions are coated. COOK 1-2 minutes more, until toasted
4. add chickpeas. stir to coat with spices.

5. add tomatoes and sugar. Stir and bring to a boil. Once at a boil, reduce heat to low, cover and COOK for 20 minutes.
6. Add spinach, in batches, stirring to mix in to curry so spinach wilts.
7. End with a squeeze of lemon juice and sprinkle of cilantro (if desired!)

details :

Serves 4 (or 2 with left overs!)

total COOK / prep time 35-40 min