



GENESIS
-HEALTH REVOLUTION-

← *Recipe Card* →

CURRIED CHICKPEAS WITH SPINICH AND TOMATOES

INGREDIENTS:

- 1 15 oz can Chickpeas
- 1/2 pound Spinach cut into bite size pieces
- 2 clove of Garlic, minced
- 1/2 TBS (or less) fresh Ginger, minced
- 1/2 Onion, diced
- 1 15 oz can whole Tomatoes with juice
- 1/2 can coconut milk
- 3/4 tsp Curry powder
- 1/4 tsp Chili powder
- Salt to taste
- 1 tsp olive oil

DIRECTIONS:

- Sauté onion in oil until translucent, add ginger, then add garlic. Add chickpeas, tomatoes, spinach, coconut milk and spices.
- Simmer to mix flavors.
- Serve over rice, quinoa, or with a side of Naan bread.



