



Vegan Butter Chickpeas

3 servings

15 minutes

Ingredients

59 milliliters Water
1 Yellow Onion (large, chopped)
2 Garlic (clove, minced)
12 grams Ginger (fresh, grated or minced)
64 grams Tomato Paste
6 grams Curry Powder
7 grams Garam Masala
5 grams Paprika
5 grams Chili Powder
3 grams Sea Salt
328 grams Chickpeas (cooked, rinsed)
364 milliliters Canned Coconut Milk

Directions

- 1 Heat the water in a pot over medium heat. Add the onion, garlic, and ginger and bring to a simmer. Cook for three to five minutes or until the onions begin to soften. Stir in the tomato paste until incorporated.
- 2 Add the curry powder, garam masala, paprika, chili powder, and salt and cook for one to two minutes until fragrant. Add the chickpeas.
- 3 Stir in the coconut milk then bring the pot to a simmer and continue to cook for five to eight minutes or until the sauce has thickened slightly. Divide evenly between bowls, season with additional salt if needed, and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Serving Size: One serving is approximately 3/4 cup.

Additional Toppings: Fresh cilantro or red pepper flakes.

No Chickpeas: Use lentils or another bean instead.

More Vegetables: Add chopped cauliflower, peas, broccoli, baby spinach, and/or chopped kale.

Serve it With: Cauliflower rice, rice, quinoa, flatbread, or a side salad.