

Recipe – Chickpea Curry

Ingredients:

- 1 lb chickpeas prepared according to package directions or two large cans of chickpeas
- About 2 TBS coconut fat
- 2 TBS curry powder or preferred blend of cumin, coriander and cardamom.
- 1 chopped onion
- 3 chopped garlic cloves
- 1 small can Muir Glen fire roasted tomatoes
- 1/2 half bunch kale, chopped
- Salt to taste.

Directions:

Partially drain the chickpeas.

Put at least 2 TBS coconut fat in a saucepan.

Heat and add 2 TBS curry powder or preferred blend of cumin, coriander and cardamom.

Stir fry 30 seconds, don't let it smoke.

Add 1 chopped onion and 3 chopped garlic cloves and stir fry about 3 minutes.

Combine chickpeas and fried spice. Add one small can Muir Glen fire roasted tomatoes.

Add one half bunch kale chopped and simmer for about 15 minutes, adding a little water if needed.

Salt to taste.

Serves 8 - 10 as a side dish.