

# EASY COCONUT CHICKPEA CURRY

## INGREDIENTS

- 1 tablespoon olive oil
- 1 large red onion, peeled and thinly sliced
- 3 cloves garlic, minced
- 1 tablespoon garam masala
- ¼ teaspoon ground turmeric
- ¼ teaspoon salt
- One 14oz (398g) can diced tomatoes, drained
- One 14oz (398g) can coconut milk
- One 16oz (454g) can chickpeas, rinsed and drained

## PREPARATION

1. In a large pan, heat the oil over medium-high heat. Add the red onion with a pinch of salt. Cook, stirring frequently, until the onion is softened.
2. Reduce the heat to medium. Add the garlic, stir, and cook for 1 minute or until fragrant. Stir in the garam masala, turmeric, and salt. Cook for 30 more seconds.
3. Add the tomatoes to the pan and stir well. Continue to cook, stirring occasionally for about 3-5 minutes or until the tomatoes are starting to break down. Stir in coconut milk and chickpeas. Bring the mixture to a boil, then reduce the heat to medium-low.
4. Simmer for about 10 minutes or until reduced slightly. Season to taste.
5. Serve over rice, enjoy!

Recipe adapted from: [www.yupitsvegan.com](http://www.yupitsvegan.com)

[apainintheneck.org](http://apainintheneck.org)

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