Chickpea Curry

This plant-based curry is loaded with protein, fiber, and flavor. It's easy enough to make for a weeknight meal and tastes even better the next day, so makes for great leftovers!

Prep time: 30 minutes
Serves 4

Ingredients

- 1 tablespoon olive oil
- ½ onion, red, *chopped*
- 1 bell pepper, red, medium, *chopped*
- 1 sweet potato, small, *peeled and chopped* (~1 cup)
- 1 clove garlic, *minced*
- 1 tablespoon ginger, fresh, *peeled and grated or minced*
- 1 tablespoon curry powder
- 1 (15-ounce) can coconut milk
- 2 cups vegetable broth, *low-sodium*
- 1 (15-ounce) can chickpeas, *drained and rinsed*
- 2 cups spinach leaves, *chopped*
- ½ teaspoon salt
- Juice of 1 lime
- ¼ cups basil, fresh, *chopped*
- Black pepper, *to taste*
- 1/4 cups cilantro, *chopped*

Steps

1. Heat the olive oil in a soup pot over medium heat and sauté onion until soft. Add pepper and sweet potato and sauté until pepper is soft - about 5 minutes.

2. Add in the garlic, ginger, and curry powder and cook until fragrant, about 1 minute.

3. Add the coconut milk, vegetable broth, chickpeas, and salt to the pot and stir to combine. Bring to a boil, then lower the heat and cover, simmering for 10 minutes.

4. Remove from the heat and stir in the spinach, lime juice, and fresh basil. Season with pepper.

5. Serve topped with cilantro.

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