

Chickpea & Spinach Curry

Ingredients:

- 2 to 3 tablespoons olive oil
- 1 small onion, minced
- 3 garlic cloves, minced
- 1/2 of a medium zucchini, cubed
- 1 small potato, peeled and cubed
- 3 small tomatoes, peeled, seeded, and chopped
- 2 tablespoons curry powder
- 2 cans (15.5 oz. each) chickpeas (garbanzo beans), drained and rinsed
- 1 cup water or vegetable broth
- 1 can (13 oz.) unsweetened coconut milk
- 2 heaping handfuls of spinach leaves
- Salt & pepper, to taste

Instructions:

1. **Sauté the Onion:** Heat 1 tablespoon of olive oil in a pan over medium heat. Add the minced onion and cook, stirring occasionally, until it becomes translucent and softened.
2. **Cook the Garlic:** Add the minced garlic and stir well. Cook for about a minute until fragrant.
3. **Add Vegetables:** Stir in the cubed zucchini, potato, and chopped tomatoes. Create a small well in the center of the mixture and add a bit more oil.
4. **Cook the Curry Powder:** Add the curry powder to the oil in the well and stir it to combine. Cook for about 1-2 minutes, mixing constantly, until the spices are well toasted and aromatic.
5. **Combine & Simmer:** Mix the curry powder with the vegetables thoroughly. Allow the vegetables to cook for about 5 minutes, stirring occasionally. Then, pour in the water (or vegetable broth) and coconut milk. Season with salt and pepper to taste.
6. **Cook the Curry:** Bring the mixture to a simmer, cover, and cook for about 20 minutes, or until the potato is fully cooked through.
7. **Add Spinach:** Once the curry is done cooking, turn off the heat and taste for salt. Adjust if necessary. Add the spinach leaves and stir them into the curry. The residual heat will wilt the spinach perfectly.
8. **Serve:** Serve the curry hot, optionally with rice. Enjoy!