Chickpea and Spinach Curry with Brown Rice

SERVES 4

Ingredients

FRESH PRODUCE

1 small onion | diced

FROZEN PRODUCE

10-ounces frozen spinach

PANTRY

115-ounce can chickpeas/garbanzo beans | drained and rinsed

115-ounce can **diced tomatoes**

SPICES AND OILS

- 2 tablespoons olive oil
- $1\!\!/_2$ teaspoon ground ginger
- $1\frac{1}{2}$ teaspoons **curry powder**
- ¹/₂ teaspoon **salt** (optional)

DAIRY

4 tablespoons plain Greek yogurt (optional)

GRAINS

2 cups cooked brown rice.



MIX IT UP AND MAKE IT YOUR OWN

- Feel free to swap in different frozen or fresh vegetables. Broccoli and cauliflower or green peas and carrots are great alternatives.
- Chickpeas are a common ingredient in curries, but if you do not like them or do not have them on hand you can easily substitute a different bean.
- It is great to eat at least a few meatless meals a week. It is good for your health and your wallet. If you would like to swap out the chickpeas for ground chicken or turkey, that is certainly an option for this dish.
- This recipe features curry as the main spice, but if you do not like curry, feel free to swap that out for your favorite spices. Garlic powder and cumin can replace the curry powder and ginger.

EQUIPMENT



Community Servings Cookbook

Directions

- Defrost **spinach** by placing in the microwave for 1-2 minutes.

Heat a large pan over medium-high heat.

- Add **olive oil** to the pan to coat the bottom and then add onion and curry powder.
- Cook for 3-5 minutes until onion starts to become translucent.
- Add ginger, chickpeas, beans, tomatoes and spinach to the pan.
- Bring the curry to a simmer and cook for an additional 7–8 minutes, stirring occasionally.

Taste and adjust seasoning as desired.

- Serve ¹/₄ of the curry over ¹/₂ cup of cooked **brown rice** and a dollop of plain Greek yogurt for extra creaminess. Enjoy!
- Save leftovers in the refrigerator for up to three days OR place in Ziploc bags and freeze for up to one month.

Nutrition	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*	
	Total Fat 7g	9%	Total Carbohydrate 49g	18%	* The % Daily Value (DV) tells you how
Facts	Saturated Fat 1g	4%	Dietary Fiber 11g	40%	much a nutrient in
1 serving per container Serving size	Trans Fat 0g		Total Sugars 8g		a serving of food contributes to a
	Cholesterol Omg	0%	Includes 0g Added Sugar	rs 0%	daily diet. 2,000
1 each	Sodium 260mg	11%	Protein 12g		calories a day is used for general
Calories 300	Vitamin D 0mcg 0% • Calcium 170mg 15% • Iron 4.4mg 25%				nutrition advice.

Potassium 780mg 15% • Phosphorus 270mg 20%

INGREDIENTS: TOMATO [VINE-RIPENED TOMATOES, TOMATO JUICE, LESS THAN 2% CALCIUM CHLORIDE, CITRIC ACID], SPINACH, CHICKPEAS [WITH WATER, SALT, CALCIUM CHLORIDE (FIRMING AGENT), DISODIUM EDTA (COLOR RETENTION)], ONION, BROWN RICE, OLIVE OIL, CURRY POWDER, SALT, GINGER

NOTES