

Making it delicious

Chickpea & Spinach Skillet



Ingredients

- 1 small Onion
- 2 cloves fresh garlic
- 1 inch fresh ginger
- 1 inch fresh turmeric*
- 3 Tbsp. butter or oil
- 2 tsp. curry powder
- 1/4 tsp. black pepper
- 8 oz. fresh or frozen spinach
- 1 15 oz. can chickpeas
- 1 15 oz. can tomato sauce
- Salt to taste

*or 1 tsp. dried turmeric



Instructions

- Dice the onion, mince the garlic and mince or grate the ginger and turmeric.
- Heat butter or oil in a large skillet over medium heat.
- Add the onion, garlic, ginger and turmeric, then sauté until the onions have softened, 3-5 minutes.
- Add the spices, then continue to sauté the onion mixture for one minute more.
- Add ¼ to ½ cup of water to the skillet along with the fresh spinach and continue to sauté until the spinach has wilted. The water will help steam and wilt the spinach. (If using frozen spinach, no additional water should be needed.)
- Drain and rinse the chickpeas. Add them to the skillet along with the tomato sauce. Stir well to distribute the spices in the sauce and heat through for at least 5 minutes.

Recipe adapted from www.budgetbytes.com

SERVINGS: 4 | PREP TIME: 25 MIN

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