

Quick Indian Stew

We live by a couple Indian restaurants, let's just say we might be frequenting them less often now that we can make this.

- Servings - 4
- Prep time - 10 minutes
- Cook time - 15 minutes

Ingredients

- 1 cup rice
- 1 medium onion, minced
- 2 garlic cloves, finely chopped
- 1-2 tablespoon curry powder, depending on your taste preferences
- 1 teaspoon ground ginger
- 3 cups tomato sauce (about 1 large can or 1.5ish smaller cans)
- 2 cans (15 ounces each) chickpeas, rinsed and drained
- 1/2 cup water
- 1 teaspoon chili powder
- 1 tablespoon brown sugar
- 1 tablespoon fresh lime juice (about half a lime)
- 1 tablespoon plain low-fat yogurt

Protocol

1. Cook your rice, set aside and cover to keep warm. (Tip to save time: heat up leftover rice or pick up some plain white rice at a Chinese take-out place on your way home! Remember 1 cup uncooked = 2 cups cooked rice)
2. In a large pan over medium heat, heat some olive oil and sauté the onion and garlic until onion becomes tender, about 5 minutes. Add a pinch of salt and pepper.
3. Stir in the cumin, ginger, and chili powder and cook for about a minute or until fragrant.
4. Add in the tomato sauce, water, chickpeas, and brown sugar. Bring to a boil and simmer uncovered for 10 minutes or until sauce has slightly thickened.
5. Serve over rice with a dollop of yogurt and a lime wedge to cool things down, and enjoy

-D&E