

Curried Potato and Chickpea Stew

Servings: 6

Diet: Vegan, Vegetarian & Gluten-Free

Ingredients

- 2 tablespoons oil
- 1 onion, chopped
- 1 teaspoon salt
- ¼ teaspoon black pepper
- 3 cloves garlic, minced
- 3 tablespoons curry powder
- 4 large potatoes, chopped into bite-sized pieces
- 1 (15 ounce) can peas, no salt added, drained
- 2 (15 ounce) cans chickpeas, no salt added, with liquid
- 2 cups vegetable broth, no salt added
- 3 teaspoons fresh parsley, chopped

Instructions

STEP 1: Heat oil in a large pot over medium heat. Add onion, salt and black pepper. Sauté until the onion begins to soften, about 5 minutes.

STEP 2: Add garlic and sauté 1 minute. Add curry powder and mix well.

STEP 3: Add potatoes, green peas, chickpeas and broth. Mix well. Reduce heat to medium-low, cover and cook until the potatoes are tender, about 20 minutes. Add water if needed. Serve over brown rice and top with parsley, if desired.



- **Ingredient Swap:** Any beans will work! Try navy or cannellini.
- **Shopping Tip:** Choose low salt/no salt added canned foods. If not available, draining and rinsing can reduce the salt content up to 40%!
- **Nutrition Boost:** Add your favorite veggie, like cauliflower or broccoli.



Per Serving: 350 Calories | 59g Carbs | 5g Sugar | 13g Fiber | 8g Fat (0.5g Sat Fat) | 13g Protein | 450mg Sodium

For more recipes and nutrition information, visit capitalareafoodbank.org/recipes