Chickpea Spinach Coconut Curry

Web Recipe · Dinner · GF

420 cal · **22g protein** · **48g carbs** · **16g fat** · **5 servings**

Ingredients

- 2 cans (15 oz each) chickpeas drained and rinsed
- 1 can (14 oz) light coconut milk
- 1 can (14 oz) diced tomatoes
- 6 oz fresh baby spinach
- 1 large yellow onion diced
- 4 cloves garlic minced
- 1 tbsp fresh ginger grated
- 2 tbsp tomato paste
- 1 tbsp curry powder
- 1 tsp garam masala
- 1 tsp cumin
- 1/2 tsp turmeric
- 1 tbsp olive oil
- 1 tbsp lemon juice
- 2.5 cups cooked brown rice

Instructions

1. Heat olive oil in a large pot over medium heat. Sauté diced onion for 5 minutes until softened.

2. Add garlic, ginger, curry powder, garam masala, cumin, turmeric, and tomato paste. Cook 1-2 minutes until fragrant.

3. Add diced tomatoes, coconut milk, and drained chickpeas. Stir to combine.

4. Bring to a simmer and cook 20 minutes, stirring occasionally, until sauce thickens.

5. Stir in baby spinach and cook 2-3 minutes until wilted. Add lemon juice.

6. Season with salt and pepper. Serve over brown rice.