

# Chickpea & Potato Curry

## Ingredients:

- ✓ 1 lb potatoes, peeled & cut
- ✓ 1 tbsp olive oil
- ✓ 1 large onion, diced
- ✓ 2 tbsp minced garlic
- ✓ 3 ¼ tsp garam masala
- ✓ 3 ¼ tsp curry powder
- ✓ 1 tsp ground ginger
- ✓ 1 tsp cumin
- ✓ ¼ tsp salt
- ✓ 1 can condensed tomato soup
- ✓ 10 oz milk
- ✓ 2 cans chickpeas



Total Time: 1.25 hours Servings: 4

## Directions:

1. In a medium pot cover potatoes with water and bring to a boil. Cook until tender, about 20 minutes. Then drain and set aside.
2. In a large pot or Dutch oven over medium heat add oil, garlic, and onions. Cook until translucent, about 5-7 minutes.
3. Add curry powder, garam masala, ground ginger, cumin, and salt. Mix and cook 1-2 minutes. Make sure to scrape the bottom of the pot with a wooden spoon to remove spices.
4. Add tomato soup, then fill the can with milk and add the milk. Cook for about 10 minutes, stirring every 2-3 minutes. Make sure to mix from the bottom so it does not stick.
5. Add chickpeas and potatoes, increase to high heat until the mixture simmers, then reduce to low. Let simmer 30 minutes, stirring occasionally.
6. Serve with rice.

