**Curried Garbanzo Beans**Servings: 3-4

**Ingredients**  
1 tablespoon olive oil  
1 medium yellow onion, chopped lengthwise  
2 cloves of garlic, chopped (~1 ½ tspn.)  
1 inch ginger, chopped (~1 ½ tspn.)  
½ large jalapeno or 1 small jalapeno or serrano, chopped  
½ small tomato, chopped  
¼ small can tomato paste (if do not have paste can use 1/4 small can of tomato sauce or use another ½ tomato)  
¾ tsp. salt  
¾ tsp. turmeric powder  
¼ tsp. red chili powder  
½ tsp. chana masala (or ½ tsp. each of cumin powder and coriander powder)  
½ tsp. garam masala  
1 15.5 oz. can of garbanzo beans, rinsed and drained, or 1 cup cooked raw garbanzo beans  
2 cups water  
Garnish: 1/2 cup chopped cilantro and ½ cup chopped onions

**Directions**  
1. Heat oil in medium sized pot on medium heat.  
2. Add onion, garlic, ginger and chilies and mix until onion becomes light brown, about 10 – 15 minutes.  
3. Add tomato and tomato paste and mix.  
4. Add spices and roast uncovered for 2-3 minutes.  
5. Add garbanzo beans and mix together for 5 minutes.  
6. Add 2 cups of water, or enough to more than cover the beans. Cover and cook on medium low heat for 30 minutes.  
7. Garnish with cilantro and chopped onions.Tip – Eat with vegetables and:  
·  Quinoa or brown rice (instead of white rice) OR  
·   Eggs, fish or meat OR  
·  One roti or piece of whole-wheat bread