

Chickpea & Veggie Thai Curry



Ingredients:

- 1/2 tsp. olive oil (not necessary if you want to water saute)
- 3 small carrots, peeled and diced
- 1 small onion (approx. 1 cup chopped)
- 1 red pepper, chopped

Optional Veggies: Broccoli, Zucchini, Kale

- 1-2 Tbsp minced ginger root
- 3 Tbsp. red or green curry paste
- 4 cloves minced garlic
- 1/3 cup coconut aminos
- 1 Tbsp. soy sauce (I use reduced sodium)
- 2 cans (13.5 oz) light coconut milk
- 1 can (13.5 oz) chickpeas, drained and rinsed
- 1/2 cup of water.

****Peanuts, Thai Basil and Lime are great garnishes

Method:

- 1.) Add oil to the (or layer of water if water sauteing veggies). When hot, add carrots, onions, red pepper, and ginger. Saute for approximately 5 minutes, until veggies soften and begin to get a bit golden.
- 2.) While the carrot/onion mixture is sauteing, mix together the curry paste, garlic, coconut aminos, and soy sauce in a separate bowl.
- 3.) Add broccoli, zucchini and kale (or whatever other veggies you'd like here) and saute another 3 minutes.
- 4.) Add coconut milk, chickpeas, curry sauce mixture and water. Bring to a slow simmer to heat through.
- 5.) Serve with rice, cauliflower rice, rice noodles.....whatever you prefer and garnish with peanuts, Thai Basil and Lime.

Enjoy!!

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