

The Easiest Curry

(Adapted from “Chickpeas in Potato-Onion Curry”)

Shared by special guest Hannah, with their notes!

Serves 4

Large onion, diced

5-6 garlic cloves, minced

1.5 cups chopped vegetables (potatoes and cauliflower are my favorites, but you can use really whatever, or a mixture.)

1 can (14 oz) coconut milk

1 can (15 oz) chickpeas, drained and rinsed

1 tsp salt

1.5 tsp coriander

0.5 tsp turmeric

1 tsp chili powder if you like spicy

1 tsp cumin

Lemon juice to taste

1. Sauté the onions and garlic in a medium to large pot with some oil until they're translucent and starting to brown.
2. Add spices and salt.
3. Add chickpeas, vegetables, and coconut milk.
4. Cover and cook until veggies are tender. This is often about 20 minutes, but depends on your vegetables.
5. Season with a little lemon juice and more salt or spices if needed.
6. Serve over rice.