

Quick Curried Chickpeas

All you need is 30 minutes and a few ingredients to make these incredibly flavorful and filling curried chickpeas.

- Total Cost \$3.16 recipe / \$0.53 serving
- Prep Time 10 minutes
- Cook Time 20 minutes
- Total Time 30 minutes
- Servings 6



INGREDIENTS

- 2 Tbsp olive oil \$0.22
- 1 med yellow onion \$0.37
- 2 cloves garlic \$0.14
- 2 15 oz. can chick peas, drained \$1.32
- 1 20 oz. can tomato sauce \$0.52
- 1 cup water \$0.00
- 1 Tbsp curry powder \$0.15
- 1/2 bunch fresh cilantro \$0.44

INSTRUCTIONS

Dice the onion and mince the garlic. Cook the onion and garlic in a large pot with olive oil over medium heat until softened (3-5 minutes).

Drain the canned chick peas and add to the pot. Also add the tomato sauce, water and curry powder. Stir the pot until everything is evenly mixed. Bring the mixture up to a simmer over medium heat.

While the chick peas are simmering, rinse the cilantro and pull the leaves from the stems. Roughly chop the leaves and add them to the pot. Give everything a stir and continue to simmer until the sauce has reduced to a thick consistency (about 20 minutes total). Stir the pot every few minutes to prevent the sauce from burning and sticking to the bottom.

Full details: <https://www.budgetbytes.com/2011/02/quick-curried-chick-peas/>

