Chickpea Curry

Ingredients

- 2 cups rice
- 1 tablespoon canola oil
- 1 large onion, diced
- 1 1/2 teaspoons garam masala
- 2 (15-ounce) cans chickpeas (garbanzo beans), rinsed and drained
- 1 (15-ounce) can crushed/diced tomatoes
- 1 (6-ounce) package fresh or frozen baby spinach
- 1/2 cup plain 2% Greek yogurt
- 1/2 teaspoon salt
- 1/4 cup chopped fresh cilantro

Instructions

1. Cook rice according to package directions; drain.
2. While rice cooks, heat a Dutch oven over medium-high heat. Add oil to pan; swirl to coat. Add onion; sauté 5 minutes or until tender, stirring frequently. Stir in garam masala; cook 30 seconds, stirring constantly. Add chickpeas, tomatoes, and spinach; cook 2 minutes or until spinach wilts, stirring occasionally. Remove from heat; stir in yogurt and salt. Sprinkle with cilantro. Serve over rice.

Adapted slightly from http://www.myrecipes.com/recipe/chickpea-curry-basmati-rice-50400000125662/

Categories:

- Rice
- Onion
- Chickpeas/garbanzo beans
- Tomatoes
- Spinach