
CHICKPEA FARRO CURRY



D'LISH

Dairy-Free, Nut-Free, Egg-Free, Vegetarian, Vegan

Yield: 4 servings **Total time:** 35 minutes

Ingredients

- 1 can dice tomatoes, undrained
- 1 can chickpeas, drained and rinsed
- 1 small sweet potato, chopped
- 1 bell pepper, chopped
- 1/2 yellow onion, chopped
- 2 garlic cloves, minced
- 1 cup farro, uncooked (if GF use quinoa or brown rice)
- 1 cup light coconut milk
- 1 tbsp olive oil
- 1 tbsp curry powder
- 1/2 tsp paprika
- 1/4 tsp crushed red pepper flakes
- 1/2 tsp parsley dried (OR fresh chopped parsley)
- 1 lemon, squeezed
- 1 cup plain yogurt (optional)

Directions

1. Wash and prep ingredients: open diced tomatoes, open, drain and rinse chickpeas, chop sweet potatoes, bell pepper, onion and mince garlic.
2. In a large skillet, heat olive oil over medium heat. Add onion, bell pepper and garlic with curry powder and paprika and let cook for 3-4 minutes.
3. Then, stir in diced tomatoes, chickpeas, sweet potato, coconut milk and red pepper flakes and bring to a boil.
4. Once boiling, reduce the heat to a simmer for 25-30 minutes.
5. Meanwhile, prepare the farro separately according to their package directions.

Grocery List

- Dice tomatoes
- Chickpeas
- Sweet potato
- Bell pepper
- Yellow onion
- Garlic
- Farro
- Light coconut milk
- Olive oil
- Curry powder, Paprika, Red pepper flakes, Parsley
- Lemon
- Plain yogurt

Kitchen Equipment

- Chef's knife
- Cutting board
- Measuring cups and spoons
- Can opener
- Colander
- Lrg Skillet
- Medium pot
- Serving bowls

6. To serve, place farro in the bowl and top with chickpea curry mixture, parsley, plain yogurt and lemon juice.

Per serving: Calories 382; Total Fat 11g; Saturated Fat 4g; Sodium 249 mg;
Total Carbohydrates 61 g; Fiber 12g; Protein 12g

Prep tip

- May substitute farro for quinoa, couscous or rice.
- May substitute diced tomatoes for tomato paste.
- May add additional ingredients like peas, fresh ginger, diced chicken breast, tofu, ground cinnamon and cayenne pepper

Nutrition Information

- The combination of spices found in curry powder makes this seasoning a great way to add flavor and nutritional benefits to your dishes.
- Curry powder is made from a variety of spices, typically including turmeric, coriander, cumin, fenugreek, and chili pepper. Some other common additions are ginger, black pepper, mustard seeds, curry leaves and fennel seeds.
- The spice blend is rich in anti-inflammatory compounds and consuming it may help reduce oxidative stress, boost heart health, and improve blood sugar levels, among other potential benefits.
 - Turmeric is the main spice in curry and contains a pigment called curcumin. Curcumin is known for its anti-inflammatory properties and has been shown to relieve symptoms of inflammatory diseases.
 - Coriander and chili powder are also anti-inflammatory.
- Curry powder is very versatile and can be added to a number of dishes like soups, meat recipes, and stews.