



## Chickpea Curry

### Ingredients:

- **2 Tbsp** onion powder
- **2 Tbsp** garlic powder
- **2 Tbsp** curry powder
- **1 Tsp** cumin
- **½ Tsp** turmeric
- **½ Tsp** paprika
- **¾ Tsp** salt
- **15 oz (1 Can)** crushed tomatoes
- **13.5 oz (1 Can)** coconut milk
- **1 Can** Chickpeas
- **1 Handful** spinach

### Instructions:

1. In a pan over medium heat, add the crushed tomatoes and coconut milk. Drain and rinse canned chickpeas and then add to pan.
2. Next, add onion powder, garlic powder, curry powder, cumin, turmeric, paprika and salt. Stir ingredients so it is well mixed.
3. Let the ingredients simmer, then lower the heat, and cook on low for 6 to 8 minutes, until everything is combined and warm.
4. Stir in the spinach until it is wilted.
5. Serve and enjoy!

Optional:

Serve with rice or naan bread if you'd like!