

DR. CHRISTOPHER'S
Herbal Legacy Newsletter

Masala's Chickpeas

2 Tablespoons vegetable broth

1 1/2 cups chopped onion

2 Tablespoons minced garlic

2 Tablespoons minced fresh ginger

1 teas turmeric

1 teas coriander

1 teas ground cumin

1/2 teas garam masala

2 cups diced tomatoes

2 Tablespoons tomato paste

Sea salt to taste

1/2 teas cayenne (or less)

2 15 ounce cans chickpeas, drained and rinsed

3/4 cup almond milk or coconut milk

1/2 teas lemon juice

4 cups cooked brown rice, for serving

- 1- In a large skillet, sauté onion over medium heat with 2 Tablespoons vegetable broth, stirring frequently, until onion becomes translucent. Stir in garlic, ginger, turmeric, coriander, cumin, and garam masala. Cook for 2 minutes.
- 2- Stir in diced tomatoes, tomato paste, salt, and cayenne pepper, and cook for 3-4 minutes. Stir in chickpeas, almond milk, and lemon juice. Cover and cook 8-10 minutes on low heat.
- 3- Serve on top of rice.



Recipe taken from The China Study Cookbook by Leanne Campbell, PHD