

# Tomato Chickpea Curry

2 onions finely diced  
4 garlic cloves finely diced  
1 ½ C. tomato puree or finely chopped tomatoes  
1 ¾ C. cooked chickpeas  
1 ¾ C. coconut milk  
1 t. Ground Coriander  
1 t. Ground Turmeric  
1 t. Ground Ginger  
1-2 T. chopped fresh basil leaves or ½ t. Dried basil  
½ t. Ground Fennel  
1 T. olive oil  
½-1 t. Himalayan, Sea, or Real salt

In a large pan, sauté onions and garlic lightly in olive oil. Add coriander, turmeric, ginger, and curry. Turmeric is more readily absorbed if it is heated in an oil lightly. Add chickpeas, coconut milk, and salt. Stir and let the flavors meld on low heat for about 5 minutes. Add fennel and basil at the very end. And for those who like a little heat, add a dash of cayenne. Serve over a bed of rice. Feeds about 5 people.

Recipe by Kelly Pomeroy