

Chickpea, Tomato, and Coconut Curry

6-8 servings

Ingredients:

1 ½ cups	Dried chickpeas, soaked in water overnight
-or-	
2 cans (15 oz.)	Canned chickpeas, drained
1 ea.	Yellow onion, diced
3 ea.	Garlic cloves, minced
2 ea.	Medium Yukon or red potatoes, large diced
1 can (14.5 oz.)	Tomato sauce, unseasoned
1 can (6 oz.)	Tomato paste
1 can (13.5 oz.)	Coconut milk
2 cups	Frozen peas
2 Tbsp.	Curry powder
1 Tbsp.	Garam Masala powder (optional)
1 tsp.	Salt
1 tsp.	Red pepper flakes (optional)
1 Tbsp.	Honey (optional)

Directions:

- Place all ingredients except the peas in a crockpot and cook on medium heat for 6 to 8 hours.
- Add peas 10 minutes before serving.
- Serve over Basmati rice and topped with a dollop of plain Greek yogurt.