

# Curried Chickpeas (Joy Schroeder)

**Serves 4 people**

## Ingredients

- 3 cups cooked drained chickpeas
- 1 medium chopped onion
- 2 cloves garlic chopped
- 1 teaspoon grated fresh ginger
- 1 teaspoon tumeric
- 1 teaspoon ground cumin
- ½ teaspoon cinnamon
- ¼ teaspoon ground cloves
- ¼ -½ teaspoon chilli powder
- 1 teaspoon salt
- 425g whole tomatoes ( 1 tin)

## Method

### On the tramp

1. Cook onion and garlic in a little water (or oil) and stir in the seasonings.
2. Add tomatoes, then chickpeas and cook gently for about 15 minutes.
3. Break up the mixture slightly with a potato masher to thicken mixture if desired.
4. Serve with rice and a green salad.

<b>Number of people</b>	<b>Two</b>	<b>Four</b>	<b>Six</b>	<b>Eight</b>	<b>Ten</b>
Cooked chick peas	2 cups	3 cups	4 cups	6 cups	8 cups
Onion	½ medium	1 medium	1 large	2 medium	2 large
Garlic	1 clove	2 cloves	3 cloves	4 cloves	5 cloves
Ginger	½ teaspoon	1 teaspoon	1 teaspoon	1 ½ teaspoons	2 teaspoons
Tumeric	½ teaspoon	1 teaspoon	1 teaspoon	1 ½ teaspoons	2 teaspoons
Cumin	½ teaspoon	1 teaspoon	1 teaspoon	1 ½ teaspoons	2 teaspoons
Cinnamon	¼ teaspoon	½ teaspoon	½ teaspoon	1 teaspoon	1 ½ teaspoons

Ground cloves	¼ teaspoon	¼ teaspoon	½ teaspoon	1 teaspoon	1 ½ teaspoons
Chilli powder	1 teaspoon	1 ½ teaspoons	1 teaspoon	1 ½ teaspoons	1 teaspoon
Salt	½ teaspoon	1 teaspoon	1 teaspoon	1 ½ teaspoons	2 teaspoons
Tomatoes	212g ( ½ tin)	425g ( 1 tin)	640g (1 ½ tins)	850g ( 2 tins)	1060 g (2 ½ tins)