



Coconut Chickpea Curry (Vegan)



SERVES 4

Prep Time: 20 Minutes | Total Time: 20 Minutes

INGREDIENTS

- Non-stick, cooking spray
- 1 cup chopped onion
- 1 cup diced bell pepper
- 1 medium zucchini, halved and sliced
- 1 (15 ounce) can chickpeas, drained and rinsed
- 1 ½ cups coconut curry simmer sauce
- ½ cup vegetable broth
- 4 cups baby spinach
- 2 cups brown rice or cauliflower rice

DIRECTIONS

1. Spray a large skillet with non-stick spray and place over medium-high heat. Cook onion, pepper, and zucchini; stir regularly until veggies start to brown (about 5-6 minutes).
2. Add chickpeas, simmer sauce, and broth to skillet. Bring to a simmer and continue stirring often. Reduce heat to medium-low and continue simmering until veggies are tender (about 4-6 minutes).
3. Add spinach to skillet and cook for one more minute, then serve over your rice of choice.