



## Easy Chickpea Masala

- |                                     |   |
|-------------------------------------|---|
| 1 T. coconut oil                    | 1 ½ t. ground turmeric                        |
| 1 ½ teaspoons cumin seeds           | ¾ t. sea salt                                 |
| 1 onion, chopped                    | ¼ teaspoon red pepper flakes                  |
| 1 T. minced garlic                  | 1 can (28 oz.) diced tomatoes                 |
| 1 T. peeled and minced fresh ginger | 2 cans (15 oz.) chickpeas, rinsed and drained |
| 1 green serrano pepper, chopped     | 1 cup cooked brown rice                       |
| 1 ½ t. garam masala                 | Fresh cilantro                                |
| 1 ½ t. ground coriander             |   |

In a large saucepan, heat the oil over medium heat. Add cumin seeds and toast the seeds for 30 seconds, just until the aroma is released from the seed. Add the onion, garlic, ginger, and pepper. Cooking, stirring frequently, for approximately 5 minutes.

Stir in the garam masala, coriander, turmeric, salt, and red pepper flakes and cook for 2 minutes.

Add the tomatoes and chickpeas and simmer the dish for 10 minutes. Serve over rice.