

Curry (Garbanzo Bean and/or Chicken) with Vegetables



Ingredients:

- 2 cans of garbanzo beans OR 1 pound of boneless skinless chicken thighs OR 1 can garbanzo beans and ½ pound chicken, if using both.
- 1 tablespoon vegetable or olive oil
- 1 yellow or white onion, cut into small pieces
- 1 tablespoon curry powder
- 1 teaspoon salt
- ½ teaspoon pepper
- 1 carrot, cut into small pieces
- 2 medium potatoes, cut into small pieces
- 1 large tomato or ½ cup cherry or grape tomatoes, cut into small pieces
- 4 cups low-sodium chicken or vegetable broth
- 1 cup fresh green beans, cut in half

4-6 servings

See instructions on reverse.

Curry (Garbanzo Bean and/or Chicken) with Vegetables continued

Instructions:

1. Heat a large pot on the stove on medium-high heat and add oil. If using chicken, add it to the pot and brown both sides. Remove from pot and put on a plate for now, it will still be raw.
2. Add onions to the pot. Add a little more oil if needed. Cook for 5 minutes until softened. Add curry powder, salt and pepper and cook for 2 more minutes. It is ok if the spices stick to the bottom.
3. If using chicken, add it back to the pot. Add carrots, potatoes, garbanzo beans, tomatoes and broth. Bring to a boil. Once it is boiling, reduce the heat to low and cover with a lid. Cook for 20 minutes. Stir occasionally, mashing some of the potatoes with your spoon as they become soft, this will thicken the sauce.
4. Add green beans and cook for an additional 8-10 minutes. Check that the chicken is cooked all the way with a thermometer that reads 165 degrees.
5. Enjoy! This is great served over rice with plain yogurt on the side.

