

#LetsCook30

THE BETTER BUTTER CHICKPEAS

Servings: 8-10

Ready in about: 40 minutes

2 tbsp	vegetable oil
1 medium	onion, chopped
2 medium clove	garlic, minced
2 tbsp	fresh ginger, minced
1 tsp	chili powder
1/2 tsp	ground turmeric
1/4 tsp	ground cinnamon
2 – 28 oz cans	crushed tomatoes
2 tbsp	tomato paste
1 tbsp	brown sugar
1/2 tsp	salt
1/4 tsp	black pepper
3 – 19 oz cans	chickpeas, drained and rinsed
2/3 cup	milk
1/2 cup	sour cream or plain yogurt
2 tbsp	fresh cilantro, minced
	hot cooked rice or naan bread (optional)

Nutrition Tips

To reduce the saturated fat and increase the fibre in this recipe, we used:

- Low fat sour cream or yogurt (2% M.F. or less)
- Low fat milk (2% M.F. or less)
- Brown rice
- Whole wheat naan bread

INSTRUCTIONS:

1. Heat oil in a deep, large frying pan over medium heat. Add onions and cook slowly, stirring often, until onions are tender, about five minutes.
2. Add garlic, ginger, chili powder, turmeric and cinnamon and cook for one minute.
3. Add tomatoes, tomato paste, brown sugar, salt, pepper and chickpeas. Reduce heat to low, cover and simmer for 10 minutes, stirring occasionally.
4. Add milk and sour cream and simmer, uncovered, for five more minutes. Use a potato masher to smash about half of the chickpeas in the pan.
5. Remove from heat and stir in cilantro. Serve over hot rice or with naan bread if desired.

TIP:

- This recipe makes a large amount but it freezes beautifully. Package leftovers in single portions for quick and easy (and delicious) meals later.

Adapted from: Better Butter Chicken, Eat Shrink & Be Merry. Janet & Greta Podleski. 2005.

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