



Curried Chickpeas & Veggies

HEALTHY CHOICE MEAL KIT

SHOPPING

PRODUCE	<ul style="list-style-type: none"> • 2 small onions (1 cup) • 2 lb. vegetables of choice • 2 (15 oz) can diced tomatoes or sauce
PROTEIN AND DAIRY	<ul style="list-style-type: none"> • 2 (15 oz) cans chickpeas
OPTIONAL TOPPINGS	<ul style="list-style-type: none"> • Plain yogurt • Fresh cilantro, chopped • Chili flakes • Squeeze of lemon juice
THE OPEN DOOR SEASONING KIT	<ul style="list-style-type: none"> • 1 Tbsp. + 1 tsp. curry powder • 2 tsp. turmeric • 1 tsp. granulated garlic • 1 tsp. kosher salt • ½ tsp. ground ginger • ½ tsp. black pepper



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40 mins

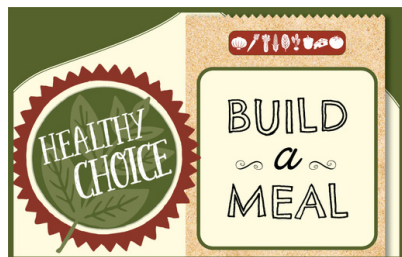
Makes 8 servings

RECIPE

INGREDIENTS	<p>2 Small onions</p> <p>2 Tbsp. Cooking oil</p> <p>1 packet Seasonings*</p> <p>4-6 cups Vegetables of choice</p> <p>2 cans (15 oz) Diced tomatoes or sauce</p> <p>2 cans (15 oz) Chickpeas</p> <p>*1 Tbsp. + 1 tsp. curry powder, 2 tsp. turmeric, 1 tsp. granulated garlic, 1 tsp. kosher salt, ½ tsp. ground ginger, ½ tsp. black pepper.</p>
INSTRUCTIONS	<ol style="list-style-type: none"> 1. Heat oil in a large skillet or saucepan over medium heat. Add the onions and sauté until they have softened, 3-5 minutes. 2. Add seasonings; continue to sauté for another minute. 3. Add the vegetables and ½ cup of water to the pan. Bring to a simmer, cover and cook on medium low until the vegetables are tender, 20-25 minutes. 4. Add chickpeas and tomato sauce. Stir well and heat through, 5-10 minutes. Add salt to taste.

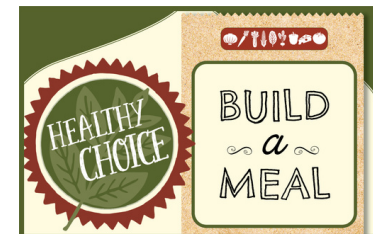
How did the recipe go?
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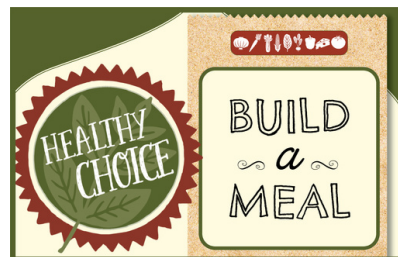
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