



Serves 3

Preparation Time: 30 minutes

Cook Time: 20 minutes

INGREDIENTS:

1 15 ounce can chickpeas (unsalted), drained or 1½ cups of cooked chickpeas

1 large onion, diced

3 cloves of garlic, minced or pressed

1 inch of ginger, minced or pressed

1-2 cups low-sodium vegetable broth

2 15 ounce cans of diced tomatoes (fire roasted or regular)

1 teaspoon cumin, ground

1 teaspoon coriander, ground

1 teaspoon turmeric, ground

salt to taste

1 cup of yams/sweet potatoes, peeled and diced 2" thick

2 cups of fresh spinach, packed or 1 cup frozen, drained

¼ teaspoon garam masala (or to taste)

Yam Chickpea Spinach Curry

I was looking for something to whip up for dinner one day and I found some diced frozen yams and spinach in the freezer. So I thought I'd create a different spin on Chana Masala with them and this is what I came up with. It's very hearty and satisfying!



By Veronica Grace

- 1 If using canned chickpeas, rinse before using. If you're using dried chickpeas, soak in water the night before and pressure-cook with salt for about 10 minutes before using for the recipe.
- 2 Sauté onion, garlic and ginger in vegetable broth until translucent, about 5 minutes over medium heat. Add more vegetable broth as necessary, to keep from burning.
- 3 Add diced tomatoes and seasonings except for garam masala.
- 4 Add chickpeas and stir to combine and cook over medium-low heat for about 15 minutes until tomatoes have broken down, the chickpeas have softened and the flavors meld, stirring occasionally. Add a little more vegetable broth or water as needed if your tomato juice is running low.
- 5 In another pot, gently steam the yams just until tender so they retain their shape, about 10-15 minutes. Set aside.
- 6 Add the spinach to the vegetable mixture and stir to combine. Cook for another minute or two until it's wilted and heated through.
- 7 Add yams and stir to combine. Be careful not to break the yams apart by over mixing. Add some garam masala to taste, as

desired.

- 8 Serve with fresh rice. **Note:** To make this recipe lower in sodium choose no salt added chickpeas like Eden Organics and no salt added canned tomatoes. Add salt as desired when serving.