

Caribbean Chickpea Curry with Potatoes

This is terrific plant based stuffing for a Caribbean roti. Also delish served on its own or with rice.

2 tablespoons vegetable oil

1 tsp cumin seeds

1 onion chopped

1 hot Chile pepper minced or ground

1 tablespoon curry powder preferably Caribbean style

½ tsp salt

¼ tsp dried thyme (or 1tsp chopped fresh)

Pinch of allspice

2 cups raw chopped vegetables, combination of carrot, cauliflower, potatoes, and squash is delicious

1 can 14 to 19 ounce chickpeas drained and rinsed or 19 ounce rehydrated chickpeas

½ cup water of vegetable stock, add more if needed.

Optional: 1 tablespoon chopped fresh cilantro or green onion

1. In a large pot, heat oil over medium heat until hot but not smoking. Add cumin seeds and cook, stirring, until starting to pop, about 1 minute. Add onion cook until soft about 2 minutes. Add Chile pepper, curry powder, salt, thyme, and allspice; cook until onion is starting to brown about 3 minutes
2. Stir in vegetables and chickpeas until coated with spices. Pour in water or vegetable stock and cover pan quickly. Reduce heat to medium low and boil gently, stirring occasionally, until vegetables are tender, about 20 minutes. May need to add more water. Vegetables should be covered in a delicious fragrant sauce. Season to taste with salt.
3. Optional: Serve sprinkled with cilantro or green onion.

Delicious placed on a bed of rice or in a flatbread or whole wheat tortilla.

ENJOY!

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