



CHICKPEA + KALE IN MASALA SAUCE



Tags: [Fall](#), [Pitta](#), [Spring](#), [Summer](#), [Vata](#), [Winter](#)

Prep Time: 15 Min

Cook Time: 25 Min

Serves: 2

Directions:

Soak the chickpeas in filtered water overnight. Rinse, and place in a medium saucepan with 2 C of water and bring to a boil. Simmer covered for 2 hours and drain. Or, cook your chickpeas in a crockpot overnight.

Heat the ghee in a large sauté pan over low heat. Add the ginger and sauté until lightly browned, about 2 minutes.



Add the cumin seeds cook 1 -2 minutes more.

Add the pitta seasoning, garam masala, paprika, pepper and nutmeg and stir until heated through.

Pour in the coconut milk, add the kale, and cook, stirring frequently, until the sauce becomes thick and sticky, about 8 minutes.

Stir in the chickpeas, tomato, cilantro, lemon juice, maple syrup, bay leaves, and potato.

Toss to coat and cook on low for 1-2 minutes tossing gently.

Ingredients:

2 TBSP Ghee

1 TBSP grated fresh ginger

2 tsp of cumin seeds

1 tsp of garam masala

1/2 C of organic coconut milk

1/2 C of dry chickpeas

4 TBSP of chopped fresh cilantro

1 TBSP lemon juice

1 TBSP maple syrup

3 bay leaves

1 TBSP of Pitta Seasoning (see recipe page)

1/2 tsp ground pepper

1/2 tsp paprika

1/2 tsp nutmeg

1 small bunch of kale leaves, stemmed and coarsely chopped

1 medium potato, diced and steamed until tender

1/2 C fresh tomatoes, chopped and seeded

This is one of my favorite recipes using chickpeas! This recipe has been adapted from Eat. Taste. Heal by Thomas Yarema, MD