

## COCONUT CHICKPEA CURRY STEW



**Tags:** [Fall](#), [Kapha](#), [Pitta](#), [Vata](#), [Winter](#)

**Prep Time:** 15 Min

**Cook Time:** 35 Min

**Serves:** 7

**Directions:**

1. In a separate large pot, add ghee, ginger, and spices and sauté on medium heat.
2. Once fragrant, add the butternut squash and fennel and cook for 5-10 minutes.
3. Add the tomatoes, red bell pepper, chickpeas\* (or cashews), water, and coconut milk and bring to a boil.
4. Turn down to a simmer and cook until the squash is fork-tender.
5. Add greens (use as much or as little greens as you like) and cook until the greens are wilted (about 3 minutes)\*.
6. Garnish with chopped cilantro.

\*If cooking dry chickpeas from scratch, soak in water with lemon juice or apple cider vinegar overnight. Rinse and strain and put into pot with lots of fresh water. Add a small piece of kombu seaweed. Cook for about 45 minutes – 1 hour, until chickpeas are soft and squeeze between your fingers. Alternatively, you could place chickpeas in a crockpot in the morning and finish the recipe when

# SIMPLEVEDA

*ayurveda & yoga*

you've returned home.

\*I like to leave a container of chopped greens in the refrigerator and add a handful as I re-heat this for lunch or dinner. Adding something fresh to your leftovers, gives more prana or energy to the dish!

## **Ingredients:**

1 cup dry chickpeas OR 3 cups cooked chickpeas OR  
2 small (15oz) cans chickpeas, rinsed. If you don't love chickpeas, try this with 3 cups of toasted cashews instead.

2 Tbsp ghee

2 tsp of apple cider vinegar or lemon juice

1 butternut squash, peeled & diced

1 red bell pepper, diced

1 small fennel bulb, cut into slices

1 cup of cherry tomatoes, halved

1 bunch of greens such as spinach, kale or chard,  
washed and roughly chopped

Ginger, 4 inches, grated or minced

1 kombu seaweed strip (if cooking dry chickpeas)

3 Tablespoons Curry Powder

2 tsp turmeric

2 cans full fat coconut milk

1 cup of water (approx)

Cilantro, 1/2 a bunch, chopped

This stew is great over rice, with chapatis, or by itself. For a variation use roasted cashews in lieu of chickpeas.