

# Garam Masala Chickpea Stew

6 servings/8–10 servings over rice

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*This creamy stew centers on chickpeas, spinach, and the beautiful spice blend of garam masala. I find that my children especially appreciate its appearance in soups. I have always enjoyed coconut milk with garam masala, which is why I paired them together in this soup. If you like it spicy, add a couple of pinches of red chili flakes. Once the chickpeas are cooked, this is so simple to put together. If you want to simplify it even more, you can use four cups of canned chickpeas. The kombu strip adds minerals as the chickpeas cook and makes them more digestible. Serve this stew over rice, if desired, or eat it alone.*

2 cups/1 pound/450 grams dried chickpeas

1 kombu strip (optional)

2 tablespoons fat of your choice (see page 23)

1 medium yellow onion, peeled and chopped

3 garlic cloves, peeled and finely minced by hand or in a garlic press

2 cups/235 ml liquid (the liquid leftover from cooking chickpeas, vegetable broth, or chicken stock)

1 (14-ounce/414-ml) can full-fat coconut milk

1 tablespoon finely grated fresh ginger

1 tablespoon Garam Masala Spice Mixture (see page 276)

1 head spinach, stemmed and well-washed or 4 cups/120 grams baby spinach

Unrefined salt and freshly ground pepper

1. In a large covered bowl, soak the chickpeas overnight in warm water. Throw away any chickpeas that float. Drain and rinse.
2. Transfer the chickpeas to a pot and cover them with water that reaches 2-inches above the chickpeas. Add the kombu strip (if using) and bring the chickpeas to a simmer; cook about 1 hour or until they are soft.
3. In a large separate pot, heat the fat of your choice over medium to medium-high heat. Add the onions and garlic and sprinkle them with salt. Sauté for 5–7 minutes or until the vegetables are soft, stirring as needed to prevent burning.
4. Drain the cooked chickpeas, saving 2 cups of the cooking liquid.
5. Add the liquid, coconut milk, cooked chickpeas, ginger, garam masala, and a generous sprinkle of salt to the pot with the onions and garlic. Bring to a boil, lower the heat to low, cover and simmer for 10 minutes.
6. Add the spinach to the stew and cook it until wilted.
7. Salt and pepper to taste. Serve alone or over rice.



*Quick Recipe*  
*Vegetarian-Friendly*  
**GLUTEN-FREE**  
*Grain-free*  
**DAIRY-FREE**  
*Budget-Friendly*