

Curry in a Hurry

4 Servings • 1 Serving = 1 Cup



INGREDIENTS

- 1 Tablespoon olive oil
- ½ small white onion, chopped
- 2 cloves garlic, mashed
- 1 Tablespoon curry powder
- 1 stalk celery, finely chopped
- 2 medium tomatoes, chopped
- (15 ounce) can garbanzo beans, rinsed and drained
- ½ - 1 cup low sodium vegetable broth
- 2 cups spinach, roughly chopped
- ¼ cup cilantro, chopped

DIRECTIONS

1. Heat oil over medium heat. Add onion and garlic and sauté until onion becomes translucent. Stir in curry powder. Do not let the pan get too hot.
2. Add celery and stir to combine. Add tomatoes and cook until tomatoes start to break down.
3. Add the garbanzo beans and just enough vegetable broth to cover the beans. Add spinach, stir, and cook until the spinach wilts.
4. Simmer about 5 minutes, turn off heat, and stir in cilantro.

Nutrition Facts

4 servings per container
Serving size 1 cup

Amount per serving
Calories 160

% Daily Value*

Total Fat 6g 8%
Saturated Fat 0.5g 3%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 190mg 8%

Total Carbohydrate 21g 8%

Dietary Fiber 7g 25%

Total Sugars 5g

Includes 0g Added Sugars 0%

Protein 7g

Vitamin D 0mcg 0%

Calcium 79mg 6%

Iron 2mg 10%

Potassium 452mg 10%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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