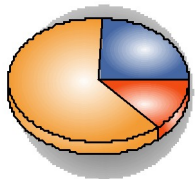


Chickpea Mushroom Curry

Recipe grams: 3447.60g/121.6oz

Serves 10 344.76g/12.2oz per serving



Protein: 24%
Carbohydrates: 62%
Fat: 14%

INGREDIENTS

1 lb Chickpeas, Dry (garbanzos), Organic
2 potato Potato, White, Raw, Large
1 lb Mushroom, Raw, Large
1 medium Onion, Raw, Medium
3 clove Garlic, Raw
2 tbsp Curry Powder
1 tbsp Cumin, Ground
7 cup Drinking Water
1 tsp Salt, Sea

DIRECTIONS

Soak bean overnight and throw away the soaking water

Stove top method

1. Saute onions and garlic in water or vegetable stock
 2. add the remaining ingredients to the pot with the water
 3. bring to a boil, reduce heat cover and simmer for about one hour or until chickpeas and potatoes are tender.
 4. Mash some potatoes and peas to thicken the stew.
 5. Season with salt and pepper to taste.
- Serve over brown Basmati rice and enjoy.

Crock pot method:

1. Soak beans overnight and throw away the soaking water.
 2. Add all the ingredients to a crock pot and cover with about 5 -6 cups of water
 3. Cover and cook on high setting for 6-8 hours.
 4. Add salt and pepper to taste
- Serve over brown Basmati rice



NUTRIENT ANALYSIS/SERVING

Nutrient	Value	%DV	Nutrient	Value	%DV
Calories	235		Total Folate (mcg)	25*	6%
Protein (g)	12	24%	Vit-C (mg)	11*	19%
Carbohydrates (g)	43	14%	Vit-D (IU)	3*	1%
Dietary Fiber (g)	11	45%	Vit-E (IU)	0*	1%
Fat (g)	3	5%	Vit-K1 Phylloquinone(mcg)	2*	3%
Omega-3 (g)	0*		Calcium (mg)	69*	7%
Omega-6 (g)	0*		Magnesium (mg)	26*	6%
Cholesterol (mg)	0	0%	Potassium (mg)	892*	
Vit-A IU	19*	0%	Sodium (mg)	245	10%
Vit-B1 Thiamine (mg)	0*	21%	Iodine (mcg)	0*	0%
Vit-B2 Riboflavin (mg)	0*	19%	Iron (mg)	4*	22%
Vit-B3 Niacin (mg)	3*	16%	Selenium (mcg)	5*	7%
Vit-B6 Pyridoxine (mg)	0*	12%	Zinc (mg)	1*	4%

Values marked with a single asterisk (*) indicate totals with some values not available. This may result in an under reporting of values. Due to FDA rounding rules, discrepancies may occur between actual nutrient values and the values used on the Nutrition Facts Labels.