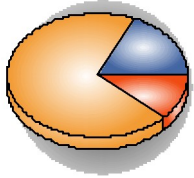


Chickpea Mushroom Curry on Brown Basmati Rice

Recipe grams: 3616.80g/127.6oz

Serves 10 361.68g/12.8oz per serving



Protein: 18%
Carbohydrates: 70%
Fat: 12%

INGREDIENTS

1 lb Chickpeas, Dry (garbanzos)
1 lb Potato, White, Raw
1 lb Mushroom, Raw
1 medium Onion, Raw, Medium
3 clove Garlic, Raw
2 tbsp Curry Powder
1 tbsp Cumin, Ground
7 cup water
1 tsp Salt, Sea
1 lb Basmati Rice, Brown, Dry

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
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Due to FDA rounding rules, discrepancies may occur between actual nutrient values and the values used on the Nutrition Facts Labels.