

Playnormous Healthy Recipes

CH-CH-CHICKPEA CURRY

Description: This is a fast and easy curry recipe that hides tons of veggies under a flavorful red sauce. Pile the deliciousness on some couscous and you have a new meal that your kids will be willing to try and won't be willing to stop eating. Mmmmm.

Category: Dinner

Difficulty: Easy

Prep Time: 5 minutes

Cook Time: 20 minutes

Ingredients:

- 1 onion
- 2 carrots
- ½ cup celery
- 1 apple
- ½ cup raisins
- 2 tomatoes
- 2 tsp curry
- 1 cup chicken broth
- 1 ½ cups couscous
- 16 oz chickpeas – canned

Directions:

1. Dice the onion, carrot, celery, and apple and sauté in 2 tsp olive oil.
2. Add the raisins, tomato (canned or fresh), curry powder, and chicken broth.
3. Drain the can of chickpeas and add to the curry mixture. Allow to simmer until you're ready to eat. Add salt and pepper to taste.
4. Cook couscous following the directions on the package.
5. Add couscous to six bowls and top with curry. Enjoy!

Nutrition:

- This recipe makes 6 servings.
- Each serving counts as 2 veggies.

Safety:

- Ask a parent or guardian for help when using the stove. Keep your fingers curled under while using the knife to avoid cutting your fingers.

Source: Created by Recipalooza 2011 participant “Zucchini”

