

CHICKPEA CURRY OVER RICE

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

SERVINGS: 10

Portion:

Ingredients	Quantity	Measure
POTATOES, FRESH, PEELED, CUBED	2	MEDIUM
ONIONS, FRESH, CHOPPED	½	MEDIUM
GARLIC CLOVES, FRESH, MINCED	4	CLOVES
BEANS, GARBANZO, COOKED, DRAINED	2	CUPS
CARROTS, FROZEN, SLICED	2	MEDIUM
WATER	2	CUPS
CILANTRO, DRY	1	TBSP
CURRY POWDER	1	TSP
CUMIN POWDER	1	TSP
VEGETABLE OIL	2	TBSP
SALT	1	TSP
BLACK PEPPER	1/2	TSP
SUGAR, WHITE OR BROWN	1	TBSP

Preparation

1. In a steam-jacketed kettle or stock pot, sauté onions and garlic in oil for several minutes.
2. Add sugar, pepper, salt, cumin, cilantro and curry.
3. Add water, potatoes, carrots, garbanzo beans. Cook until potatoes and carrots are tender.
4. Remove from heat; transfer to shallow pans. Cover. CCP: Hold for service at 140 F. or higher.
5. Serve 1-1/2 cups curry over 1 cup rice.

Notes

1. In step 1 fresh garlic can be omitted and in step 2 1 tablespoon of garlic powder used.

Nutrition Information for 1/10th of recipe without rice

Calories	Carbohydrate	Protein	Fat	Cholesterol	Sodium
107 cal	15 g	4 g	4 g	0 mg	308 mg

Notes for submission

CS1 Decl at Mayport Naval Station created this recipe for Mayport's Oasis Galley.

1. It contains only ingredients available at a DoD facility.
2. It contains a DoD typical number of ingredients.
3. It contains ingredients that are typical serving costs
4. It does not require specialized skills to prepare.
5. It is within the Go For Green standards of being a "Green" recipe. (least processed, whole foods, nutrient packed, high in fiber, low in added sugar, healthy fats, low in salt).