Dinner, Mediterranean

# Coconut Chickpea Curry with Roasted Veggies

Chickpeas simmer in a spiced tomato and coconut milk broth, then get folded together with sweet potatoes, red bell pepper, and cauliflower roasted until tender and lightly caramelized.



Freezer safe

| 50 min | 180 | 27 g | 11 g |
|---|---|---|---|
| time | calories | carbs | sugars |

## Ingredients, 4 servings

- [ ] 1 cup sweet potatoes (peeled and diced, for the roasted veggies)
- [ ] 1 whole red bell pepper (diced, for the roasted veggies)
- [ ] 1 cup cauliflower florets (for the roasted veggies)
- [ ] 2 tsp olive oil (divided)
- [ ] 1/2 tsp salt (divided)
- [ ] 1/2 tsp black pepper (divided)
- [ ] 1 small onion(s) (diced)
- [ ] 2 clove garlic (minced)
- [ ] 2 tsp curry powder
- [ ] 1/2 tsp ground turmeric
- [ ] 14 oz canned diced tomatoes (no-salt-added)
- [ ] 6 oz lite unsweetened coconut milk
- [ ] 1 cup low sodium vegetable broth
- [ ] 7 oz canned chickpeas (rinsed and drained)
- [ ] 1 bunch fresh cilantro (chopped, for garnish)

## Nutrition Facts

Per serving

| Calories | 180 |
|---|---|
| **Total fat** | 6 g |
| Saturated fat | 2 g |
| **Sodium** | 350 mg |
| **Total carbs** | 27 g |
| Fiber | 7 g |
| Total sugars | 11 g |
| **Protein** | 5 g |

## Method

- [ ] 1 Heat the oven to 400 degrees F and line a baking sheet with parchment paper.
- [ ] 2 In a large bowl, toss the diced sweet potatoes, red bell pepper, and cauliflower florets with 1 tsp of the olive oil, 1/8 tsp of the salt, and 1/4 tsp of the black pepper.
- [ ] 3 Spread the vegetables in a single layer on the baking sheet and roast for 20-25 minutes, until tender with lightly browned edges.
- [ ] 4 Meanwhile, warm the remaining 1 tsp of olive oil in a large pot or Dutch oven over medium heat.
- [ ] 5 Add the diced onion and minced garlic and saute until soft, fragrant, and translucent.
- [ ] 6 Stir in the curry powder, ground turmeric, 1/4 tsp of the salt, and the remaining 1/4 tsp of black pepper, coating the onion and garlic in the spices.
- [ ] 7 Pour in the diced tomatoes with their juice, the lite unsweetened coconut milk, and the low sodium vegetable broth, then stir in the rinsed chickpeas and bring everything to a boil.
- [ ] 8 Lower the heat and simmer uncovered for 15-20 minutes, stirring occasionally, so the flavors come together.
- [ ] 9 Tip the roasted sweet potatoes, red bell pepper, and cauliflower florets into the pot and stir gently to combine.
- [ ] 10 Ladle the stew into bowls and finish each serving with chopped fresh cilantro.

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