



Nutrition Facts

Serving Size		1 12th recipe
Amount Per Serving		
Calories 370		
		% Daily Value
Total Fat	20g	31%
Saturated Fat	13g	65%
Cholesterol	0mg	0%
Sodium	1370mg	57%
Total Carbohydrate	39g	13%
Dietary Fiber	6g	24%
Protein	11g	22%
Vitamin A %		Vitamin C %
Calcium %		Iron %

SPICY INDIAN STEW WITH CHICKPEAS AND POTATOES



Total Time
**NOT
AVAILABLE**

Serving Size
1 12TH RECIPE

Difficulty
EASY

Yields
12

INSTRUCTIONS

1. Prepare soup with water as directed.
2. Sauté chickpeas, potatoes and curry paste in oil for 5 to 8 minutes or until potatoes are slightly softened and well coated. Stir into soup; bring to simmer.
3. Cook for about 10 minutes or until potatoes are tender. Stir in coconut milk; return to simmer.



Tip

For each portion, ladle 1 1/3 cups (330 mL) into bowl; garnish with 1 tbsp (15 mL) fried onions, 2 tsp (10 mL) green onions and 1 tsp (5 mL) cilantro.