

Potato and Chickpea Curry

3 yellow potatoes
1 can chickpeas drained and rinsed
2 tbsp coconut oil
1 can full fat coconut milk
1 small onion diced
3-4 cloves minced or chopped garlic
1 inch peeled and minced or chopped fresh ginger
1 can diced tomatoes
1 tbsp curry powder
1 tbsp turmeric
1/4 tsp cayenne pepper (more if you like it spicy)
1/2 tsp salt (add more to taste if desired)
green onion for garnish



In a skillet saute onions and garlic in coconut oil until onions are soft.
Add coconut milk, curry powder, turmeric, salt and cayenne pepper and stir.
Allow to cook for a minute or two. Add potatoes. Cook over medium heat until potatoes are tender.
Reduce heat to low and add chickpeas and tomatoes. Cook an additional 5-10 minutes.
Add salt to taste if desired.
Serve over basmati rice and top with green onions.