

# Spinach Chickpea Curry

A quick delicious Indian Style Dish

- 1 tablespoon of extra lite olive oil
- 1 onion chopped
- 1(14.75 ounce) can creamed corn
- 1 tablespoon of curry paste
- Salt to taste(Himalayan Pink Salt)
- ground black pepper to taste
- 1 (15 ounce) can garbanzo beans (Chickpeas), drained and rinsed
- 1 (15 ounce) package firm tofu, cubed If you like
- 1 bunch fresh spinach, stems removed
- You may also add to your liking, cauliflower, potatoes and sweet potatoes if you wish.
- Add all ingredients to list



## Directions



Prep  
5 minutes

Cook  
15 minutes

Ready in  
20 minutes

In a large wok or skillet heat oil over medium heat; saute onions until translucent. Stir in creamed corn and curry paste. Cook stirring regularly, for 5 minutes. As you stir, add salt, pepper and garlic.

Stir in garbanzo beans and gently fold in tofu. Add spinach and or other vegetables and cover. When spinach is tender, remove from heat and stir in basil.