

Colorful Chickpea and Lentil Curry



Time: 20 minutes

Serving size: 1 cup (4 servings)

Cost: \$5.58 total (\$1.40 per serving)

^Recipe adapted from Lauren Sharifi

Ingredients:

1 tablespoon olive oil* (17 oz; \$0.18)

1 medium onion, diced (\$1.26)

2 garlic cloves, minced (\$0.11)

1 cup red lentils (Iberia 12 oz; \$0.69)

1 (14 oz) can diced tomatoes, drained* (\$0.88)

1 teaspoon ground curry powder* (1.8 oz; \$0.37)

1/2 teaspoon turmeric powder* (1 oz; \$0.32)

3 cups vegetable or chicken broth* (32 oz; \$0.99)

1 (14 oz) can chickpeas, drained* (\$0.78)

Salt and pepper, optional

Directions:

1. In a large pot on medium-high heat, add olive oil and diced onions. Cook for three minutes or until soft. Add in minced garlic and cook for another 30 seconds or until fragrant.
2. Add in lentils, curry, turmeric, and diced tomatoes, and cook for 30 seconds. Add in vegetable or chicken broth and cook for 10 minutes.
3. Add in chickpeas and cook for another 2 minutes or until lentils are soft. Add salt/pepper to taste.
4. Serve over cooked brown rice or with naan. Enjoy!

Recipe provided by the University of Florida Food Science and Human Nutrition Department.

^Original recipe can be found here: <https://blogs.ifas.ufl.edu/fshndept/2022/08/18/celebrate-kids-eat-right-month-with-the-lovely-legumes>