



Chickpeas and Creamy Polenta

This chickpeas and creamy polenta recipe is a nourishing Ayurvedic meal that combines grounding grains with satisfying plant-based protein.

Servings: 4

Preparation Time: 40 minutes, more time if you used dried chickpeas



Ingredients

For the Polenta:

- 1 cup **cornmeal** (medium or coarse grind)
- 4 cups water (or use half milk for creamier polenta)
- 1 tsp **salt**
- 2 tbsp **olive oil** or **ghee** (or make your own **ghee**)

For the Chickpeas:

- 1-2 tbsp of **olive oil** or **ghee** (or make your own **ghee**)
- 1 can chickpeas, drained and rinsed (or 3/4 cups **dried chickpeas** that have been cooked)
- 1 small onion, finely chopped
- 2 garlic cloves, minced
- 2 fresh tomatoes, chopped
- 1 tsp **smoked paprika**
- 1 tsp **cumin seeds**
- 1 inch fresh ginger, chopped or grated
- 1/2 tsp **cinnamon powder**

Chickpeas and Creamy Polenta (Cont.)



Ingredients (Cont.)

- 1 tsp **turmeric powder**
- 1/4 tsp **black pepper**
- **Salt**
- Optional: chili flakes for heat, fresh herbs for garnish (parsley, cilantro, basil, or thyme)

Instructions

1. Make the Polenta:

1. Bring 4 cups of water (or water and milk if you are adding milk) and salt to a boil in a medium saucepan.
2. Slowly whisk in the cornmeal to avoid lumps.
3. Lower the heat and simmer, stirring often, for 20–25 minutes until thick and creamy.
4. Stir in olive oil or ghee. Cover and keep warm.

2. Make the Chickpeas:

1. Heat olive oil in a skillet over low heat.
2. Add the cumin seeds and black pepper, and sauté until golden.
3. Add the ginger and sauté until golden.
4. Stir in garlic and onion and cook until translucent and fragrant.
5. Add the paprika, cinnamon powder, turmeric, and salt.
6. Add chickpeas and tomatoes. Simmer for 10–15 minutes, stirring occasionally, until it thickens.
7. Season with chili flakes, if desired.

Chickpeas and Creamy Polenta (Cont.)



Instructions (Cont.)

To Serve:

Spoon the creamy polenta into bowls, top with the warm chickpeas, and finish with a drizzle of olive oil, fresh herbs, or a sprinkle of cheese or nutritional yeast.

Want to make it extra cozy?

Add **sautéed greens** or **roasted vegetables** on top.

While warming, this is excellent for all types during the cool, damp spring months. Pitta can reduce some of the warming spices. Kapha can add extra ginger or chili.

Ayurveda reminds us that the most potent ingredient in any recipe is the love and intention of the cook. May this practice serve you well.

*With love + wishes
for balanced Agni,
Belinda*

