



Dry Chickpea Curry

This dry chickpea curry is a warming Ayurvedic chickpea recipe designed to support digestion while providing steady nourishment.

Servings: 2-3

Preparation Time: 1 and a half hours if using dry chickpeas or 30 minutes if using canned (pre-cooked) chickpeas



Ingredients

- 1 cup **dried black chickpeas**, or **white chickpeas** can also be used (soaked overnight and boiled), or 1 **can cooked chickpeas**
- 1-2 tbsp **ghee** (or **make your own ghee**) or **coconut oil**
- 1 tsp **cumin seeds**
- 1 tsp **coriander powder**
- ½ tsp **turmeric powder**
- ½ tsp **garam masala powder**
- 1 tsp **lemon juice**
- 1-inch piece of ginger, finely chopped
- 1 green chili (optional, for heat)
- ½-1 tsp **Himalayan salt**
- ¼ cup chopped cilantro
- 1 tbsp. **grated coconut** (optional)

Dry Chickpea Curry (Cont.)

Instructions



- **Prepare Chickpeas:** If using dried chickpeas, soak them overnight, then cook until soft. Drain and set aside. If using a can of chickpeas, drain and set aside.
- **Heat Spices:** Heat ghee in a pan, add cumin seeds, and let them sizzle.
- **Sauté Aromatics:** Add chopped ginger and green chili (optional). Sauté for a minute.
- **Add Spices:** Stir in turmeric, coriander, garam masala, and salt. Cook for 30 seconds.
- **Mix Chickpeas:** Add the cooked chickpeas and stir well to coat with spices. Cook for 5-7 minutes, stirring occasionally.
- **Finish:** Add a squeeze of lemon juice, mix well, and turn off the heat.
- **Garnish:** Sprinkle with chopped cilantro and grated coconut.

Enjoy with flatbread (chapati) or rice.

While warming, this is excellent for all types during the hot summer months. Pitta should avoid the chili and can reduce the other warming spices. Vata should add hing to this recipe to aid in the digestion of the beans.

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*

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