

Spiced Chickpeas

1 cup dried chickpeas (soaked 6-8 hours and then cooked in pressure cooker for 7-10 minutes or 1 hour on stove. If you don't have time for dried chickpeas use 1 can of chickpeas (garbanzo beans))

2 Tablespoons olive or coconut oil

1 medium-large onion – chopped

3 cloves garlic – chopped (if you love garlic, add more – it won't hurt the recipe)

2 small carrots chopped into small pieces

2 teaspoons ground mustard seed – or mustard powder

1 teaspoon cumin

2 teaspoons turmeric

1 teaspoon herbal salt or just 1/2 teaspoon of regular salt (add to liking)

Dash of cayenne pepper – to your spice tolerance

2 medium tomatoes – chopped

5 chard leaves – chopped into bite sized pieces (or spinach, kale, any dark green leafy veggie)

3 Tablespoons tomato paste

2 large potatoes – cubed and cooked until soft

Lemon (optional)

1. Sauté onions in oil on medium flame until translucent
2. Stir in garlic and sauté until soft
3. Add carrots and sauté for 5 minutes on low-medium heat
4. Stir in ground mustard seed, cumin, turmeric, herbal salt, salt (if using), cayenne pepper
5. Add tomatoes and stir
6. Add chard leaves and stir
7. Add tomato paste and stir
8. Mix in potatoes and chickpeas
9. Cook on low heat for 10 minutes
10. Serve with rice or Indian bread (paratha or naan is really good bread – buy it in an Indian grocery) and a squeeze of lemon (optional)