

Slow Cooker Curried Chickpea Stew

Recipe By *Jamie Geller*



Cooking and Prep:  8 h

Serves:  6

No Allergens

Preference: Parve

Difficulty: Easy

Occasion: Shabbat

Diet: Vegan, Vegetarian,
Pescetarian, Gluten Free, Low
Fat

Source: Joy of Kosher with
Jamie Geller

Cuisines: Indian

Make this for dinner any night of the week. It's a one pot vegan dinner you can enJOY on its own or serve with my Moroccan pomegranate chicken on the side.

Ingredients (11)

Main ingredients

- 2 cups dried chickpeas, soaked overnight and drained
- 1 (28-ounce) can chopped tomatoes
- 1 large onion, peeled and chopped
- 3 garlic cloves, minced or 3 cubes **Gefen Frozen Garlic**

- 1 (1-inch) piece fresh ginger, peeled and grated
 - 1 tablespoon ground cumin
 - 1 tablespoon ground coriander
 - 1 tablespoon turmeric or 1 cube **Dorot Gardens Crushed Turmeric**
 - 1 teaspoon kosher salt
 - 1 teaspoon curry powder
 - 2 cups (defrosted) **Beleaf Cauliflower Florets**
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Start Cooking

Prepare the Chickpea Stew

1. In a slow cooker, combine all ingredients except cauliflower. Cook on low for seven and a half hours.
2. Add cauliflower and continue to cook on low for 30 minutes more.

Credit

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