

Main Course

Jazzed Up Garbanzo Beans

**Vegan, Gluten-Free*

Create some Indian flavors in the home. Many of these spices contain wonderful health benefits especially in managing inflammation. So enjoy an easy to prepare flavorful and healthful meal.

You'll Need

- 1 green chili (deseeded and finely chopped)
- 1 can of garbanzo beans (save 1/3 cup of liquid from the can, drain the rest) or 1 ½ cups cooked beans from the dried state (reserving 1/3 cup of the cooking liquid)
- 2 garlic cloves (finely chopped)
- 1 medium yellow onion (chopped)
- 2 tablespoons olive oil
- ¼ teaspoon ground ginger
- ½ teaspoon chili powder
- ½ teaspoon cumin
- ½ teaspoon ground coriander
- ½ tablespoon lemon juice



Directions

- Place the olive oil in a pan that can be covered. Heat on low-medium. And once oil is heated, add onion.
- Sauté the onion, until slightly browned. Add the chili, garbanzo beans, garlic, ginger, chili powder, cumin and coriander. Cook for approximately 2 minutes.
- Next add the liquid from the beans cover and simmer for about 10 minutes.
- Remove from heat, add the lemon juice and serve.
- Enjoy with pita or naan bread, rice or by itself!!

Play with Your Food

- Serve with a dollop of sour cream
- Serve with a dollop of yogurt
- Use fresh ginger
- Serve topped with diced tomato

Medwell Kitchen Tested