

Curried Garbanzo Beans

Gholam Rahman - Kitchen Counselor
Palm Beach Post

1 can garbanzo beans
2 tablespoons canola oil
1 teaspoon curry powder or taco/chili powder
1 medium onion, sliced
1 clove garlic, minced
1/2 teaspoon salt
1 tomato, diced
chopped sweet onion (for garnish)
cilantro (for garnish)

Open the can and drain the garbanzo beans. Set aside.

In the oil, cook the curry powder for a minute, stirring.

Add the onion, garlic and salt and saute', stirring, until the onion is translucent.

Add the tomato, reserving a little for garnish. Cook, stirring, until a chunky sauce is formed, about 8 minutes.

Add the garbanzo beans and cook, stirring, until the beans are piping hot and covered with sauce.

Serve in a bowl and garnish with the sweet onion, cilantro and the reserved tomato.

Per Serving (excluding unknown items): 1041 Calories; 40g Fat (33.5% calories from fat); 41g Protein; 138g Carbohydrate; 38g Dietary Fiber; 0mg Cholesterol; 1129mg Sodium. Exchanges: 8 Grain(Starch); 2 Lean Meat; 3 Vegetable; 6 1/2 Fat.