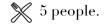
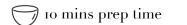


# MADE SIMPLE

French stew : Curry coco carrots, kale, and chickpeas









#### **INGREDIENTS**

### Starters to sauté

- 1 onion diced
- 3 garlic cloves diced
- 4 carrots cut in thinner round slices
- ½ teaspoon of fresh or powered ginger
- 1/2 tsp cumin 1,5 tsp curry
- 1 tsp curcuma ½ tsp red pepper
- 1.5 tsp salt ½ tsp pepper

### Fillers for slow cook

- 1 1/4 cup (300 mL) of broth (or just use water)
- 200 mL of high fat coconut cream
- 500 g of canned chick peas
- 3 large handfuls of fresh spinach or kale

Extra: Eat this with a side of fresh bread or on top of jasmine rice.



## **DIRECTIONS**

- 1. Sauté the onions in a large pot.
- 2. Add the rest of the "Starters to sauté" to the pot, mixing.
- 3. Let cook on medium low heat, for about 10 minutes stirring occasionally.
- 4. Add the broth and coconut cream, mix.
- 5. Add the chick peas and greens, mix.
- 6. Cook on low heat for about 20-30 minutes, stirring every 10 minutes.
- 7. Taste and adjust seasonings as needed. If you feel there is not enough liquid, then feel free to add more water, coconut cream, or broth. This is not a soup style recipe so there should not be a lot of liquid like a normal soup.
- 8. Serve as a stew with a side of bread for dipping or over some jasmine rice.



