

Vegan Spinach and Chickpea Curry

Ingredients

- 1 ½ cups dry white rice (\$0.33)
- 1-2 tbsp oil (\$0.20)
- 3 cloves garlic, minced (\$0.27)
- ½-inch piece of ginger, grated (\$0.07)
- 1 tbsp. curry powder (\$0.25)
- 2 15 oz. cans whole chickpeas, drained (\$1.58)
- 1 14.5 oz. can diced tomatoes (\$1.29)
- Salt and pepper, to taste (0.01)
- 6 oz spinach (\$2.59)
- 2 large scallions, chopped (\$0.20)
- optional: 1 tsp. chili flakes (\$0.10)

Steps

1. Cook the rice by rinsing it, then adding it to a covered saucepan with three cups of water. Bring to a boil, and reduce to a simmer, cooking until all the water is absorbed (or as directed on the package).
2. In a large skillet heat the olive oil, and then add the garlic and ginger, cooking until fragrant. Next put in the curry powder, and toast for a minute, before adding the chickpeas, tossing them in the oil to coat. Add the diced tomatoes, along with about ¾ of a can filled with water (to get out any remaining tomato!), and bring to a gentle simmer. Let simmer for 3-4 minutes, or longer if it is very watery and needs to reduce. Then add the spinach and scallions, tossing until the spinach has wilted. Season with salt and pepper and chili flakes (if using), and serve.

Total Cost: \$6.89

Serves: 4-6

Cost per serving: \$1.38

Total Time: 25 minutes

