

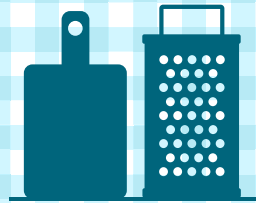
Chickpea Biryani

Ingredients:

1 Tbsp. vegetable oil	1/2 tsp. salt	4 cups vegetable stock
1 cup onions, chopped	1/8 cup yogurt, plain	3/4 lb. brown rice
1 Tbsp. garlic, minced	1/2 tsp. cinnamon	Salt and pepper (to taste)
1/2 Tbsp. ginger, ground	1/2 tsp. turmeric	
1/2 tsp. chili powder	1 can (15 oz.) chickpeas, drained and rinsed	
1 tsp. cumin	10 oz. tomatoes, diced and drained	

Instructions:

1. Heat oil over medium heat. Sauté garlic and onions until translucent. Add the ginger, chili powder, cumin, and tomatoes. Stir constantly for 5 minutes.
2. Turn heat down to low and add yogurt, turmeric, and cinnamon. Cover and cook for 5 minutes. (It may be necessary to add a little hot water if the mixture becomes too dry and starts to stick to the pan.)
3. Add chickpeas and stir to coat. Cook until there is very little thick gravy left.
4. In a medium-sized pot, heat the vegetable stock and then add rice and stir well. Add the chickpea mixture and gently stir. Bring to a boil. Cover tightly, turn heat to low, and simmer for 20 minutes. Do not lift the lid or stir while cooking.



*Recipe adapted from: [allrecipes.com](https://www.allrecipes.com)

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