

Curried Chickpeas

- 1 can (19 oz/540 mL) chickpeas, drained and rinsed
- 1 onion, chopped
- 1 green pepper, chopped
- 2 cloves garlic, minced



- 1 tbsp. oil
- 2 tsp. curry powder
- 1 tbsp. ketchup
- 1 tbsp. hot sauce (less for mild version)

1. Sauté onion, pepper, garlic in oil. Add curry powder and cook gently for 1 minute.
2. Add chick peas and stir fry for 5 minutes.
3. Add $\frac{1}{2}$ cup water to pan, with ketchup and hot sauce and simmer 15 minutes.

Serve on rice or boiled potatoes.

Serves 4 people.

