

**Thai Chickpea Stew**

1 T. Vegetable Oil

½ Onion, Chopped

1 T. Ginger, Minced

3 Cloves Garlic, Minced

1 C. Carrot, Grated

2 Cans Chickpeas, Drained

1 Can Petite Diced Tomatoes, Drained

1 Can Coconut Milk

1 t. Turmeric

1 t. Cumin

1 T. Sambal Chili Garlic Sauce (additional can be added to increase spice level)

½ C. Green Onions (Scallions), Sliced

Salt, To Taste

1. Place a medium pot over medium heat. Once hot, add vegetable oil and then add onion, ginger, carrots and garlic. Sauté until softened, about 2 minutes.
2. Add chickpeas, tomatoes, coconut milk, turmeric, cumin, and chili sauce. Stir to combine.
3. All mixture to come up to a simmer. Simmer for 8 minutes or until desired thickness is achieved.
4. Add green onions and season to taste with salt.