

Chickpea Spinach Curry



Nutrition Facts		
Per serving (175 mL/6 oz)		
Amount Per Serving		
Calories 249	Calories from Fat 37	
	% Daily Value	
Fat 4 g		6%
Saturated Fat 1 g		3%
Trans Fat 0 g		
Polyunsaturated Fat 2 g		
Monounsaturated Fat 1 g		
Cholesterol 1 mg		0%
Sodium 642 mg		27%
Potassium 916 mg		26%
Total Carbohydrate 46 g		15%
Dietary Fibre 8 g		32%
Sugars 7 g		
Protein 8 g		
Vitamin A 45%	Vitamin C 47%	
Calcium 14%	Iron 17%	
Thiamin 10%	Riboflavin 7%	
Niacin 5%	Vitamin B6 36%	
Folate 33%	Vitamin B12 0%	
Phosphorous 14%	Zinc 9%	



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High Fibre



STEP INSTRUCTIONS

- 1 Heat canola oil. Add onions and sauté for 5 to 10 minutes or until softened. Add curry powder and minced garlic.
- 2 Drain and rinse chickpeas.
Add all ingredients listed for step 2. Simmer for about 35 minutes, or until the yams are almost tender.
- 3 Add fresh spinach and plain yogurt.

NOTES:

Substitution of pulses may occur. Prepare pulses as recommended on pages 9 and 10 of the Pulse Potential manual.

Re-heat to 74°C (165°F) in a steam jacketed kettle or covered insert in steamer.

Please Note: In the 50 servings column the cups, tbsp, and tsp measures are rounded for convenience. Please refer to the bracketed amounts for a closer representation of the nutrition panel.

NUMBER OF SERVINGS

STEP	INGREDIENTS	50	100	250	500
1	Canola Oil	½ cup (150 g)	230 g	580 g	1.2 kg
	Yellow Onions, Fresh, Small Dice	2 ¾ cups (435 g)	870 g	2 kg	4.4 kg
	Curry Powder	¾ cup (70 g)	140 g	360 g	715 g
	Minced Garlic	⅓ cup (85 g)	170 g	420 g	840 g
2	Chickpeas, Canned	8-19 oz cans (4.26 L)	8.52 l	21.3 l	42.6 l
	Tomatoes, Canned, Diced	7 cups (1.8 L)	3.5 l	8.52 l	17.04 l
	Yams, Fresh, Cubed	18 cups (2.7 kg)	5.5 kg	13 kg	27 kg
	Vegetable Soup Base	¾ cup (225 g)	450 g	1 kg	2.23 kg
	White Sugar	½ cup (92 g)	184 g	460 g	920 g
	Ground Black Pepper	2 ½ tsp (4 g)	9 g	23 g	45 g
	Parsley, Dried	1 ¼ cups (300ml)	14 g	35 g	70 g
	Salt	1 tsp (7 g)	14 g	35 g	70 g
	Water	7 ¼ cups (1.8 L)	3.6 l	9 l	18 l
	3	Spinach, Fresh, Chopped	4 ⅜ lbs (2 kg)	4 kg	10 kg
Yogurt, Plain		6 cups (1.5 L)	3 kg	7.3 kg	14.5 kg

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