

# Curry in a Hurry

4 Servings • 1 Serving = 1 Cup



## INGREDIENTS

- 1 Tablespoon olive oil
- ½ small white onion, chopped
- 2 cloves garlic, mashed
- 1 Tablespoon curry powder
- 1 stalk celery, finely chopped
- 2 medium tomatoes, chopped
- (15 ounce) can garbanzo beans, rinsed and drained
- ½ - 1 cup low sodium vegetable broth
- 2 cups spinach, roughly chopped
- ¼ cup cilantro, chopped

## DIRECTIONS

1. Heat oil over medium heat. Add onion and garlic and sauté until onion becomes translucent. Stir in curry powder. Do not let the pan get too hot.
2. Add celery and stir to combine. Add tomatoes and cook until tomatoes start to break down.
3. Add the garbanzo beans and just enough vegetable broth to cover the beans. Add spinach, stir, and cook until the spinach wilts.
4. Simmer about 5 minutes, turn off heat, and stir in cilantro.

## Nutrition Facts

4 servings per container	
<b>Serving size</b>	<b>1 cup</b>
Amount per serving	
<b>Calories</b>	<b>160</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 6g	<b>8%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 190mg	<b>8%</b>
<b>Total Carbohydrate</b> 21g	<b>8%</b>
Dietary Fiber 7g	<b>25%</b>
Total Sugars 5g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 7g	
Vitamin D 0mcg	0%
Calcium 79mg	6%
Iron 2mg	10%
Potassium 452mg	10%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Developed by The Children's Hospital of San Antonio

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