

CURRY IN A HURRY

Culinary Intro:	This tasty recipe comes together very quickly. It serves well as a lunch item, or as a lighter take on dinner.
Nutrition Intro:	This recipe is a quick main dish that is super healthy packed with vitamins and minerals through the use of different vegetables in this dish! Packed with fiber and protein for a healthy quick meal.

<p>Prep Time: 30 minutes</p> <p>Ingredients for 4 servings:</p> <p>Each serving = 1 cup</p> <p>Cost per serving= \$0.89</p> <ul style="list-style-type: none"> • 1 15-ounce can garbanzo beans, rinsed and drained • ½ small white onion, chopped • 2 cloves garlic, mashed • 1 stalk celery, finely chopped • 2 tomatoes, chopped • ½ – 1 cup low sodium vegetable broth • 2 cups spinach, roughly chopped • 1 Tablespoon curry powder (or to taste) • ¼ cup chopped cilantro • 1 Tablespoon olive oil <p>Steps:</p> <ol style="list-style-type: none"> 1. Prepare all veggies: Chop onion, mash garlic, chop celery, chop tomatoes, and chop spinach. Place veggies in individual bowls and set aside. 2. 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. 3. Add celery and stir to combine. Add tomatoes and cook until tomatoes start to break down. 4. Add the garbanzo beans and just enough vegetable broth to cover the beans. Add spinach, stir, and cook until the spinach wilts. 5. Simmer about 5 minutes. Chop cilantro, turn off heat and stir in cilantro. 6. Serve with Brown Rice or Whole Wheat Pita Bread. 	<p>Culinary/ Nutrition Notes for Demo:</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="text-align: center; vertical-align: middle; width: 30px;">1</td> <td style="padding: 5px;"> <p>Culinary:</p> <ul style="list-style-type: none"> • Review knife safety and techniques: chopping onion, celery, and tomatoes. • Point out that all produce needs to be washed thoroughly prior to chopping. • The cloudy liquid you find in canned beans is mostly starch and salt. Rinsing them removes most of this and improves the texture of the beans. • Touch on Aquafaba <p>Nutrition:</p> <ul style="list-style-type: none"> • Garbanzo Beans are a great source of plant protein. • Onion, garlic, celery, tomatoes, spinach & cilantro provide a color of phytonutrients and more fiber to this dish • Low Sodium vegetable broth helps us ad flavor without adding additional salt to the recipe. </td> </tr> <tr> <td style="text-align: center; vertical-align: middle;">2</td> <td style="padding: 5px;"> <p>Culinary:</p> <ul style="list-style-type: none"> • Make sure to keep your pans heat on medium. Take care not to burn garlic, as it can happen very quickly. • Try to chop all vegetables the same size, this promotes even cooking. • Adding the curry powder to the pan before any liquids toasts the curry powder. Toasting spices enhances their flavor and adds a little more complexity to the dish. </td> </tr> <tr> <td style="text-align: center; vertical-align: middle;">3</td> <td style="padding: 5px;"> <p>Culinary:</p> <ul style="list-style-type: none"> • Depending on the size of the spinach, you may not need to chop it. • If using larger leaf spinach, finely chop the stems, do not throw away. • Cilantro leaves and stems can be used. </td> </tr> </table>	1	<p>Culinary:</p> <ul style="list-style-type: none"> • Review knife safety and techniques: chopping onion, celery, and tomatoes. • Point out that all produce needs to be washed thoroughly prior to chopping. • The cloudy liquid you find in canned beans is mostly starch and salt. Rinsing them removes most of this and improves the texture of the beans. • Touch on Aquafaba <p>Nutrition:</p> <ul style="list-style-type: none"> • Garbanzo Beans are a great source of plant protein. • Onion, garlic, celery, tomatoes, spinach & cilantro provide a color of phytonutrients and more fiber to this dish • Low Sodium vegetable broth helps us ad flavor without adding additional salt to the recipe. 	2	<p>Culinary:</p> <ul style="list-style-type: none"> • Make sure to keep your pans heat on medium. Take care not to burn garlic, as it can happen very quickly. • Try to chop all vegetables the same size, this promotes even cooking. • Adding the curry powder to the pan before any liquids toasts the curry powder. Toasting spices enhances their flavor and adds a little more complexity to the dish. 	3	<p>Culinary:</p> <ul style="list-style-type: none"> • Depending on the size of the spinach, you may not need to chop it. • If using larger leaf spinach, finely chop the stems, do not throw away. • Cilantro leaves and stems can be used.
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Nutrition Facts

4 servings per container

Serving size 1 cup (360g)

Amount Per Serving

Calories 180

% Daily Value*

Total Fat 6g 8%

Saturated Fat 0.5g 3%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 270mg 12%

Total Carbohydrate 25g 9%

Dietary Fiber 9g 32%

Total Sugars 6g

Includes 0g Added Sugars 0%

Protein 9g 18%

Vitamin D 0mcg 0%

Calcium 0mg 0%

Iron 0mg 0%

Potassium 0mg 0%

*The % Daily Value (DV) 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.

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Culinary:

- Use an olive oil that is not too strongly flavored.

Nutrition:

- We are relying on spices, fresh herbs and umami flavor of curry powder to provide flavor without additional salt.
- When purchasing canned foods, look for items that have "No Salt Added".

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Culinary:

- [Click here to enter text.](#)

Clean-up/Review comments

Culinary/ Cook Once, Eat Twice:

You can prepare a large batch of the recipe and utilize for other meals. This could also be turned into a soup.

Nutrition:

You can serve the dish on a bed of fresh cooked brown rice or serve with warm whole wheat pita bread. Garnish with a little fresh crack black pepper and fresh cilantro leaves.

Recipe Tips:

- Display the ingredients as both whole and prepared for visuals.
- Have the spices and herbs displayed, and invite participants to smell and taste.

Materials	Shopping List	Qty.
<ol style="list-style-type: none"> 1 cutting board 1 Chef's knife 1 bowl for trash 1 plate for presentation mise en place bowls Can opener Strainer Whisk 	<p>Produce</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 white onion <input type="checkbox"/> 1 garlic bulb <input type="checkbox"/> 1 celery bunch <input type="checkbox"/> Tomatoes <input type="checkbox"/> Baby spinach <input type="checkbox"/> cilantro 	

9. silicone spatula or tongs 10. Skillet 11. measuring cups 12. measuring spoons 13. paper plates/ cups/ soufflé cups 14. paper towels 15. tablecloth 16. kitchen towel 17. gloves 18. copies of recipe	Canned Goods <input type="checkbox"/> Canned garbanzo beans	
	Grains <input type="checkbox"/> Brown rice (for serving)	
	Condiments <input type="checkbox"/> Extra virgin olive oil	
	Paper Goods <input type="checkbox"/> paper plates, napkins, forks, paper towels	

Prepping for demo:

- Shop for ingredients/ Ensure all ingredients are available
- Rinse & dry produce; Store over ice
- Prep & store for demo as requested in recipe
- Label all mise en place items
- Make sure to leave a portion of the produce intact for demo purposes
- If recipe will be sampled by a large audience, prepare a large batch of ingredients ahead of time
- Ensure all equipment is in place and set up table with a tablecloth
- Display ingredients in a visually appealing manner and in a way that flows with the sequence of recipe

Estimated time for preparation: 1 hour

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