

## Spiced Chickpea Stir-Fry

Serves 4

### Ingredients:

- 1 tbsp olive oil
- 1 medium yellow onion, diced
- 2 cloves garlic, minced
- 1-1/2 cups cooked chickpeas
- 3 cups broccoli, cut into small florets
- 2-1/2 cups mushrooms, sliced
- 1 inch piece fresh ginger, grated
- 1-1/4 tbsp turmeric
- 1 tbsp cumin
- 1 tsp cinnamon
- 1/2 tsp cardamom
- 1/4 tsp sea salt
- 1/2 cup water
- 1 cup cherry or grape tomatoes, halved
- 2 cups kale, coarsely chopped

### Directions:

1. Heat oil in large pan or wok over medium-high heat.
2. Add onion & sauté until translucent, about 5 minutes.
3. Add garlic, chickpeas, broccoli, mushrooms, ginger, and all spices, and sauté for 1-2 minutes.
4. Reduce heat slightly, pour in water, cover and cook until vegetables are tender, about 10-15 minutes.
5. Mix in kale and tomatoes and cook covered for another few minutes until kale is wilted.