

Chicken or Chickpea Curry

Ingredients:

- 1 pound chopped skinless, boneless chicken breast OR 32oz chick peas
- 1 red bell pepper
- 1 yellow bell pepper
- 2 cups water
- 2 onions, chopped
- 2 tablespoons garlic, chopped fine
- 2 tablespoons ginger, chopped fine
- 4 green chili peppers, chopped
- 4 tablespoons olive oil
- 1 tablespoon sesame seeds
- 2 tablespoons chili powder
- 1 tablespoon garam masala
- 1/3 teaspoon turmeric
- Sea Salt to taste after cooking

Preparation:

1. Start off just cooking onions, olive oil, and garlic in a large pan until onions brown.
2. After onions brown, add chicken (or chickpeas) and all other spices. Cook 12-15 minutes.
3. When chicken is cooked through, add diced bell peppers – cook until soft if you like, or just warm. The flavor will go through more with longer cooking, but the nutrition is preserved better if you simply warm.
4. Serve and salt to taste