



## Chickpea Tikka Masala with Couscous

4 servings

45 minutes

### Ingredients

- 2 tbsps Ginger (grated)
- 1 tbsp Curry Powder
- 1 tsp Cumin
- 2 tsps Garam Masala
- 4 cups Chickpeas
- 4 cups Broccoli (chopped into florets)
- 2 Red Bell Pepper (stem and seeds removed, chopped)
- 1 1/2 cups Crushed Tomatoes
- 1 1/2 cups Vegetable Broth
- 1 tsp Sea Salt
- 1/2 cup Couscous (dry, uncooked)

### Directions

- 1 In a large pot over medium heat, stir the ginger, curry powder, cumin and garam masala for one to two minutes, or until fragrant.
- 2 Add the chickpeas, broccoli, red bell pepper, crushed tomatoes, vegetable broth and salt. Lower the heat and let simmer. Cook for about 30 minutes or until veggies are soft.
- 3 Stir in the couscous, remove from heat and cover with a lid for about 10 minutes, or until tender.
- 4 If needed, add more broth or water to reach your desired consistency and adjust salt. Stir thoroughly before serving. Enjoy!

### Notes

**Gluten-Free:** Omit the couscous and serve with quinoa or brown rice instead.

**Storage:** Refrigerate in an airtight container up to 5 days.

**Make It Creamy:** Add coconut milk.