

Curry

History: Curry was created in South Asia, but many other cultures have their own spice and flavor combinations. Curries are usually made up of a spice mixture that includes coriander, cumin and turmeric but varies all over the world. Our recipe combines both Indian and Thai ingredients.



The most common use of curry is in Indian and Thai food. Indian curry uses a dry spice mixture, while Thai versions use curry paste that is usually added to coconut milk.

More recipes are available at pittsburghfoodbank.org/nutrition

Greater Pittsburgh
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Brown onions. Then add garlic, jalapeno, tomato paste and spices.



Add coconut milk and simmer for 5 minutes.



Add tomatoes, salt and lime juice. Simmer for 3-4 minutes.



Chickpea Coconut Curry

- 1 Tbl oil
- 1/2 onion, chopped
- 1 small jalapeno, minced (optional)
- 3 cloves garlic, minced
- 1 tsp tomato paste
- 1 Tbl curry powder
- 1 tsp ground ginger
- 1 (15 oz) can coconut milk
- 2 (15 oz) cans chickpeas, drained and rinsed
- 1 (15 oz) can diced tomatoes
- 1/2 tsp salt
- Juice of 1/2 lime (optional)
- Handful fresh cilantro leaves (optional)

1. Heat oil in a medium-sized pan over medium heat. Add onions and cook for 5 minutes.
2. Add garlic, jalapeno, tomato paste, curry powder and ginger and cook for 1 to 2 minutes.
3. Add the coconut milk, chickpeas and tomatoes. Simmer for about 5 minutes or until it thickens and coats the back of a spoon.
4. Add the canned tomatoes, lime juice and salt. Simmer for 3 to 4 more minutes.
5. Serve with a squeeze of lime juice and fresh cilantro, if desired.

Makes 6 servings

Make it your own. Add your favorite ingredients.
garlic | greens | chicken | tofu

Nutrition Facts

Serving Size 2 Cups	
Servings Per Container 3	
Amount Per Serving	
Calories 210	Calories from Fat 70
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 620mg	26%
Total Carbohydrate 29g	10%
Dietary Fiber 7g	28%
Sugars 7g	
Protein 7g	
Vitamin A 10%	Vitamin C 25%
Calcium 4%	Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	