**Semi-Homemade Chickpea Curry**

**Ingredients**
- 1 can of garbanzo beans (or 2 cups of fresh cooked garbanzo beans)
- 1/2 cup Trader Joe’s Thai Yellow Curry Sauce
- 1 1/2 cups of your favorite veggie (we love zucchini, but cauliflower, kale, and/or spinach would also pair really well here)
- 1 Tbsp avocado oil
- 1 tsp minced garlic
- Salt and pepper to taste
- Optional*: 1 handful fresh parsley

**Instructions**

1. Pour 1/2 inch of water into the bottom of a medium-sized pot
2. Rinse canned garbanzo beans in a colander (to remove excess sodium) and add to the pot
3. Cover with lid and allow to steam for 7–12 mins, or until warm
4. Meanwhile, rinse and chop veggies of choice
5. In a large pan, heat avocado oil then add garlic and stir until fragrant
6. Next, add chopped veggies and cook until tender
7. When garbanzo beans are warm, drain extra water, add curry sauce and sauteed veggies and fold until combined.
8. Serve warm and top with your favorite herbs
9. Munch!

**Did you know:**
The water that’s left behind when you open a can or boil fresh garbanzo beans, is referred to as "aquafaba" and can be used as an egg-substitute?