



INDIAN CHICKPEA AND VEGETABLE CURRY is excerpted from [Better Homes and Gardens Fast or Slow](#) © 2018 by Meredith Corporation. Photography © 2018 by Meredith Corporation. Reproduced by permission of Houghton Mifflin Harcourt. All rights reserved.

INDIAN CHICKPEA AND VEGETABLE CURRY

VEGETARIAN

COMPANY

Makes 4 servings

4 cups water

1 cup dried garbanzo beans (chickpeas)

1½ tsp. salt

4 medium carrots, cut into 1-inch pieces

2 medium onions, cut into ½-inch wedges

½ of a 28-oz. can crushed tomatoes (1½ cups)

4 cloves garlic, minced

1 serrano chile pepper, seeded (if desired) and finely chopped (tip p. 42)

1½ tsp. [ground cumin](#)*

1½ tsp. [ground coriander](#)*

1 tsp. [ground ginger](#)*

¼ tsp. [black pepper](#)*

1 cup frozen peas, thawed

½ cup chopped fresh cilantro

¼ cup heavy cream

Hot cooked basmati rice (optional)

Naan, warmed

**[Now That's A Mouthful](#) uses and recommends [The Spice and Tea Exchange](#)® spices and seasonings in all of its recipes.*

FAST: 50-MINUTE COOK TIME

1. In a 6-qt. electric or stove-top pressure cooker combine the water, beans, and ½ tsp. of the salt. Lock lid in place. Set an electric cooker on high pressure to cook 30 minutes. For a stove-top cooker, bring up to pressure over medium-high heat; reduce heat enough to maintain steady pressure. Cook 30 minutes. Remove from heat.
2. For both models, release pressure quickly. Carefully open lid. Drain beans, reserving ½ cup cooking liquid. Return beans to cooker. Add carrots, onions, remaining 1 tsp. salt, and reserved cooking liquid. Stir in tomatoes and next six ingredients (through black pepper). Lock lid in place. Set an electric cooker on high pressure to cook 20 minutes. For a stove-top cooker, bring up to pressure over medium-high heat; reduce heat enough to maintain steady pressure. Cook 20 minutes. Remove from heat.
3. For both models, release pressure quickly. Carefully open lid. Stir in peas, cilantro, and cream. Serve with rice (if desired) and naan for dipping.



SLOW: 5½-HOUR HIGH COOK TIME

1. In a 4-qt. slow cooker combine the water, carrots, onions, beans, and ½ tsp. of the salt. Cover and cook on high 5 to 6 hours or just until beans are tender. Drain vegetables, reserving ½ cup of the cooking liquid. Return beans and vegetables to cooker. Stir in tomatoes and next six ingredients (through black pepper), remaining 1 tsp. salt, and reserved cooking liquid. Cover and cook 30 minutes. Stir in peas, cilantro, and cream. Serve with rice (if desired) and naan for dipping.

PER SERVING: 470 cal., 11 g fat (4 g sat. fat), 17 mg chol., 1,375 mg sodium, 77 g carb., 13 g fiber, 19 g sugars, 19 g pro.



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