



# INDIAN CHICKEN CURRY

## Ingredients

- 3 tablespoons olive oil
- 1 small onion, chopped
- 2 cloves garlic, minced
- 3 tablespoons curry powder
- 1 teaspoon paprika
- 1 teaspoon ground cinnamon
- 1/2 teaspoon sugar
- 1 bay leaf
- 1/2 teaspoon grated fresh ginger root
- salt to taste
- 2 skinless, boneless chicken breasts, cut into bite size
- 1 tablespoon tomato paste
- 1 cup plain yogurt
- 3/4 cup coconut milk
- 2 tablespoons lemon juice
- 1/2 teaspoon cayenne pepper

## Directions

1. Heat olive oil in a skillet over medium heat.
2. Sauté onion until lightly browned
3. Stir in garlic, curry powder, cinnamon, paprika, bay leaf, ginger, sugar, and salt
4. Add chicken pieces, tomato paste yogurt, and coconut milk
5. Bring to a boil reduce heat, and simmer for 20 to 25 minutes
6. Remove bay leaf and stir in lemon juice and cayenne pepper.
7. Simmer 5 more minutes
8. Serve and enjoy!

**COOK TIME: 25 MINUTES**

**SERVINGS: 4 SERVINGS**

**SOURCE: ALLRECIPES**



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# INDIAN CHICKPEA CURRY

## Ingredients

- 1/4 cups vegetable oil
- 1 teaspoon cumin seeds
- 1 yellow onion, finely chopped
- 5 garlic cloves, crushed
- 1-inch piece ginger, crushed
- 1 small green chili pepper
- 2 teaspoons coriander powder
- 1 teaspoon cumin powder
- 1 teaspoon paprika powder
- 1/2 teaspoon turmeric powder
- 1/4 teaspoon red chili powder
- 2 medium tomatoes, finely chopped
- 2 cans chickpeas, rinsed and drained
- 1 1/4 teaspoon salt
- 1/4 teaspoon baking powder

## Directions

1. Heat oil in a medium pan on medium-high heat
2. Add cumin seeds and onion. Sauté for 7-8 minutes
3. Add garlic, ginger, and green chili pepper and sauté for another 2-3 minutes
4. Add all the spice powders and stir to roast the spices
5. Add tomatoes and continue to sauté
6. Mix in chickpeas, baking powder, salt and 2 cups of water
7. Raise the heat to the high to bring to a boil, then reduce heat to medium and cover
8. Let cook for 25-30 minutes until chickpeas are very tender
9. Uncover and use wooden spatula to slightly crush the chickpeas
10. Serve and enjoy!

**COOK TIME: 30 MINUTES**

**SERVINGS: 4 SERVINGS**

**SOURCE: TEAFORTURMERIC**



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