Blue Zones Project®

# Chickpea Curry

*From the kitchen of:*
Blue Zones Project®

Instant Pot Recipe by:
Detoxinista

## Ingredients:

2 tbsp olive oil
1 onion, diced
1 sm green bell pepper, diced
2 lg garlic cloves, minced
1 tbsp curry powder
2-15 oz can chickpeas, drained
1-14.5 oz can crushed tomatoes
1 c frozen corn
1 c sliced okra
1 c packed kale leaves
1 c vegetable broth
1 tbsp maple syrup
1/4 tsp fresh ground pepper
juice of 1 lime
2 tbsp cilantro leaves

Brought to Hawaii by **HMSA**

## Directions:

1. Preheat saute selection. Once hot, add the oil and onion and stir. Cook for 4 minutes until translucent and starting to brown. Add bell pepper and garlic and cook for 2 minutes more. Add curry powder and stir. Cook for 30 sec before adding the chickpeas, tomatoes with juice, corn, okra, kale, broth, and maple syrup.
2. Stir and secure lid, moving the steam release valve to sealing. Select manual or pressure cook at high pressure for 5 minutes. Once cooking is complete, let the pressure naturally release for 10 min. When the screen reads LO:10, you can move the steam release valve to venting to release any remaining pressure.
3. When the floating valve drops, it's safe to remove the lid. Add the pepper and lime juice.
4. Top with cilantro leaves and serve over cooked rice.

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