

Veggie Chickpea Tikka Masala

SERVINGS
4

PREP TIME
15 MIN

COOK TIME
15 MIN

TOTAL TIME
30 MIN

This easy tikka masala features tender zucchini, chickpeas, and a fragrant spice blend, all simmered in a rich tomato-coconut sauce. Enjoy over your favorite rice for a satisfying meal.



ORGANIZING
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Ingredients

Directions

1

- Olive Oil
- 1 Medium Onion
- 2 tbsp Minced Garlic
- 2 Medium Zucchini (or Favorite Veggie: Bell Peppers, Carrots, Broccoli, etc.)

- Heat a drizzle of olive oil in large skillet over medium heat.
- Dice onion, add to hot pan, and mix.
- Once onions begin to turn translucent, about 3-4 minutes, add minced garlic, and mix. Cook for about 2 minutes.
- Dice zucchini (or your favorite veggie) and add to pan. Mix and sauté about 1-2 minutes until it just begins to soften.

2

SPICES

- 2 tsp Garam Masala Spice Blend (see note)
- 1 tsp Turmeric
- 1 tsp Salt
- ½ tsp Ground Ginger
- ½ tsp Cumin
- ½ tsp Black Pepper

✧ **NOTE ABOUT GARAM MASALA SPICE BLEND:** Once you whip up this recipe, it's bound to become a regular craving. When that happens, we highly suggest grabbing this spice blend. In the meantime, if you don't have garam masala, you can substitute with a mixture of 1 teaspoon each of ground coriander, cumin, paprika, and salt along with ½ teaspoon each of ground ginger, cinnamon, and black pepper.

- Add all spices and mix well. Cook down about 2 minutes.

3

- 2 Cans Diced Tomatoes (15 oz each)
- 1 Can Lite (or Reduced Fat) Unsweetened Coconut Milk (13 oz)
- 2 Can Chickpeas (Garbanzo Beans) (15 oz each)

- Add tomatoes and coconut milk to pan.
- Drain and rinse chickpeas and add to pan.
- Mix well and bring to a low boil simmer for 15 minutes, stirring often.

4

- 1 Cup Rice (Basmati, Jasmine or Preferred)

WHILE SIMMERING

- Prepare rice according to package instructions.

5

OPTIONAL

- Sprinkle Cayenne Pepper

- After about 10 minutes into simmering the masala, taste and determine if additional spices are necessary. Salt may be likely.
- If desired, sprinkle a little cayenne pepper to taste.

SERVE WITH OPTIONAL:

- Vegan Naan Bread (or substitute pita bread if you can't find vegan naan)

- Serve over a bed of rice with a side of vegan naan bread. Add salt and pepper to taste.