

## SPICED CHICKPEA BOWLS

### FREEZE TOGETHER

- 1 tablespoon **olive oil**
- ¼ cup **chopped onion**
- 1 clove **garlic**, *minced*
- 1 tablespoon each – **chili powder and cumin**
- 1 teaspoon each – **turmeric and garam masala**
- 1 teaspoon **sea salt**
- dash of each – **cinnamon and cayenne**
- two 14-ounce cans **chickpeas**, *drained + rinsed*
- two 14-ounce cans **fire roasted diced tomatoes**

### INSTANT POT

High Pressure 15 mins

*Quick release*

### STOVETOP

Simmer 30 mins

### FINAL STEP

Serve in bowls with cucumbers, couscous, mint, parsley, cilantro, yogurt or hummus, olive oil, lemon juice, and toasted pita wedges.

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