

WORD OF FAITH CHURCH

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Recipes

SCOTT SAULS

Easy Chickpea Curry



This one-pan **chickpea curry** is one of my *favorite* vegetarian dinners when I need something tasty on the fly. It's easy to make, filled with bold Indian-inspired flavors and can be enjoyed in endless ways throughout the week. **Watch the video below to see how I make this in my kitchen!**

Prep Time	Cook Time	Total Time
10 mins	20 mins	30 mins

4.95 from 101 votes

Course: Dinner Cuisine: Indian
Keyword: Chickpea Curry, Curry, Curry Recipe Servings: 5 servings Author: Lisa Bryan

Ingredients

- 1 tablespoon coconut oil
- 1 large medium yellow onion diced
- 4 garlic cloves minced
- 1 tablespoon grated peeled fresh ginger
- 2 (15.5-ounce) cans chickpeas drained and rinsed
- 1 (13.5-ounce) can full-fat coconut milk
- 1 cup low-sodium vegetable broth
- 2 tablespoons curry powder or more to taste
- 1½ teaspoons garam masala
- 1 teaspoon ground cumin
- 1 teaspoon kosher salt
- 1 bunch cilantro roughly chopped and more for garnish
- 1 lime juiced (about 2 tablespoons)

For serving

- cooked rice
- lime slices

Instructions

1. **Cook the aromatics.** In a large skillet, heat the oil over medium-high heat. Add the onion and sauté for 4 to 5 minutes, until softened. Add the garlic and ginger and stir together for another minute, until fragrant.
2. **Make the curry.** Add the chickpeas, coconut milk, broth, curry powder, garam masala, cumin, and salt. Stir everything together, bring to a boil, then reduce the heat to medium-low and simmer for 10 minutes, so that the flavors can meld.
3. **Add the finishing touches.** Turn off the heat and stir in the cilantro and lime juice. Serve the curry over rice, and garnish with more cilantro and lime wedges.

The Ultimate Vegetarian Chili



This vegetarian chili is a top-notch meatless dinner with layers of good-for-you vegetables, hearty beans, and warming spices. **Watch how I make this in my kitchen in the video below!**

Prep Time	Cook Time	Total Time
15 mins	30 mins	45 mins

☆☆☆☆☆
4.93 from 63 votes

Course: Dinner Cuisine: American
Keyword: chili recipe, easy chili recipe, Vegetarian Chili Servings: 6 servings
Author: Lisa Bryan

Ingredients

- 2 tablespoons extra-virgin olive oil
- 1 large onion diced
- 1 green bell pepper diced
- 1 red bell pepper diced
- 2 medium carrots diced
- 2 celery stalks diced
- 4 garlic cloves minced
- 2 tablespoons chili powder
- 1 tablespoon ground cumin
- 1 teaspoon dried oregano
- 1 teaspoon paprika (or smoked paprika)
- 1 teaspoon kosher salt
- 1 tablespoon tomato paste
- 1 (15oz can) black beans drained and rinsed
- 1 (15oz can) kidney beans drained and rinsed
- 1 (15oz can) pinto beans drained and rinsed
- 1 (28oz can) fire-roasted diced tomatoes undrained
- 1 (4oz can) roasted and diced green chilies undrained
- 2 cups low-sodium vegetable broth
- 1 bay leaf
- For garnish: chopped cilantro, diced avocado, sour cream, and/or grated cheese.

Instructions

1. **Cook the vegetables.** Heat the oil in a large pot on medium heat. Add the diced onion, bell peppers, carrot and celery. Stir and cook for 4 to 5 minutes, or until the vegetables have softened.
2. **Add the aromatics.** Add the garlic, chili powder, cumin, oregano, paprika, salt, and tomato paste. Stir for another minute, until fragrant.
3. **Let it simmer.** Add the black beans, kidney beans, pinto beans, diced tomatoes, diced green chilies, vegetable broth, and bay leaf. Stir it, increase the heat to high to bring it to a boil, then reduce the heat to medium-low and simmer for 30 minutes uncovered, stirring occasionally. If you prefer a more liquid-y chili, add another cup of vegetable broth.
4. **Serve.** Before serving, remove the bay leaf. Ladle servings into individual bowls and top with your favorite garnishes.



Vegan Southern Collard Greens

Favorite family recipe for collard greens made WITHOUT chicken broth and smoked meat. It's healthier but don't expect to have to sacrifice taste!

Cook Time 1 hour hour 20 minutes minutes

Total Time 1 hour hour 20 minutes minutes

Calories

Author Monique Kilgore

Ingredients

- 1/2 small yellow onion diced
- 3 cloves garlic minced
- 2-3 cups vegetable broth I only used 2 cups
- 1 teaspoon applewood smoked salt or any kind of smoked salt
- 1/2 teaspoon red pepper flakes
- 2 lbs collard greens
- black pepper
- hot sauce

Instructions

1. Coat a large deep skillet or pot with vegetable oil.
2. Saute onions until almost tender over medium heat and then add in garlic.
3. Cook until onion and garlic are fragrant, about 2-3 minutes.
4. Add in vegetable broth.
5. Season broth with smoked salt and red pepper flakes.
6. Taste and adjust the seasonings if needed. Make sure it's to your liking because this is how your greens will taste.
7. Bring to a simmer and reduce heat.
8. Add in the greens. Green will wilt down as they cook.
9. Simmer for 1 hr to 1 hr 30 mins. Do not boil. Add more vegetable broth if needed. May need more or less time so be sure to check them after 30-45 minutes. When done, greens will be dark green, tender and will not have a raw taste.
10. Add in more smoked salt, black pepper, red pepper flakes and hot sauce, if desired. (I always do!)
11. Enjoy!
12. Add hot sauce or vinegar if desired.



Ethiopian Cabbage Dish

Ingredients

1/2x

1x

2x

Original recipe (1X) yields 5 servings

- ½ cup olive oil
- 4 medium carrots, thinly sliced
- 1 medium onion, thinly sliced
- ½ head green cabbage, shredded
- 1 teaspoon sea salt
- ½ teaspoon ground black pepper
- ½ teaspoon ground cumin, or to taste
- ¼ teaspoon ground turmeric, or to taste
- 5 medium potatoes, peeled and cut into 1-inch cubes

Directions

1. Heat olive oil in a skillet over medium heat. Add carrots and onion; cook and stir until beginning to soften, about 5 minutes. Stir in cabbage, salt, pepper, cumin, and turmeric; cook for 15 to 20 minutes.
2. Add potatoes; reduce heat to medium-low, cover, and cook until potatoes are soft, about 20 minutes.