

Beef and Chickpea Curry

1 lb beef, ground
2 slices bread, whole wheat , toasted dry and made into breadcrumbs
1 egg
Olive oil for sautéing
1 onion, cut into strips
8 – 10 mushrooms, sliced or small can sliced mushrooms, drained, sliced
1 15oz can chickpeas, drained and rinsed
2 Tbs curry, powder
1 Tbs ginger, ground
2 tsp black pepper
¼ Cup Worcestershire sauce
2 Cups water
½ cup oatmeal

Combine ground beef, breadcrumbs, and egg in bowl. Make small meatballs about 1" diameter. Slice the onion in half, top to bottom, and then across the grain to make thin strips. Sauté mushrooms and onion in olive oil over medium heat until onions clarify, then remove from pan. Add meatballs to pan and cook for 5-6 minutes, turning frequently to brown all sides. Shake Worcestershire onto meatballs. Add sautéed vegetables, water, spices, and chickpeas. Stir and reduce heat to low. Simmer for 20 minutes until sauce reduces by half. Add oatmeal as a sauce thickener and stir until completely absorbed.

Serves 2.