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Intro to script: Hello and welcome to cooking with team clover (clapping)! Today we're going to walk you through the steps of how to make a delicious healthy meal. But first, let me give you a little history on this meal. Growing up in India, my parents always had to be careful with money. Certain foods such as eggs were expensive, and this constricted a lot of families from eating organic and healthier meals, since those ingredients typically were on the more expensive side (money). My parents often grew their own vegetables and made their own food that we would typically just buy, such as yogurt. Using her home-grown vegetables, my mom grew up eating a heart healthy and delicious meal of chickpea curry! Today we're going to show you how to make a version of this meal! Let's get started.

Cost of ingredient was determined by multiplying the fraction used of the whole, by the unit price**

Chickpea Curry Meal Report

Ingredient	Where it was sourced	Cost of ingredients
Peppers	Farmer's Market (Apna Bazar)	\$1.50
Garlic & Ginger paste	Farmer's Market (Apna Bazar)	\$1.50
Onion	Farmer's Market (Apna Bazar)	\$2.98
Tomatoes	Farmer's Market (Apna Bazar)	\$1.99
Cilantro	Farmer's Market (Apna Bazar)	\$.69
Goya Chickpeas (non GMO)	Farmer's Market (Apna Bazar)	\$1.86
Spices (ground coriander, ground cumin, garam masala, ground turmeric, and salt)	Farmer's Market (Apna Bazar)	\$2.15

Total: \$12.67

100% of ingredients were non-GMO and 6/7 ingredients were FLOS. I learned that it is very surprisingly easy to incorporate so many organic and fresh veggies in your diet without spending a lot of money! Our team was able to share an inexpensive meal together and discuss our difficulties and successes with this process. It was easy to stay on budget because our farmer's market has very cheap vegetables for sale and the chickpeas were also very cheap. The spices did stack up however, as we used a lot of them and each one had a different cost. We did not have to travel far because Apna Bazaar is a very local and well-known farmer's market near our area. We are unsure exactly how far the food traveled, however due to the fresh nature of the vegetables it is most likely that the food was grown in the same state as the farmer's market (New York).

Recipe:

1. To a blender, add the diced peppers alongside some ginger and garlic paste. Blend until a thick paste consistency
2. Add diced onions to the blender and blend again until the mixture is a paste but not watery
3. Add your mixture to a medium-high heat pan and stir for 3-5 minutes
4. Add your spices
5. Blend tomatoes until smooth and add into the pan mixture
6. Let the sauce simmer for a few minutes and then add your washed chickpeas
7. Stir until the sauce coats the chickpeas and turn heat off
8. Garnish with cilantro and enjoy!

LINK TO VIDEO (MEAL PREPARATION):

https://youtu.be/S5-83KFRWtE?si=g10Z04OvWznLH_7x

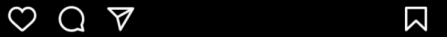
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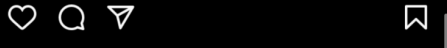
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