Curried Chick Peas with Autumn Vegetables
(Vegan)

**INGREDIENTS**
- 2 tablespoons olive oil
- 2 tablespoons toasted sesame oil
- 2 leeks, cleaned, halved and sliced (or 2 yellow onions, sliced)
- 4 cloves garlic, minced
- 2 inches fresh ginger, peeled* and minced
- 6 cups assorted chopped vegetables
- 1 14-ounce can coconut milk (do not be thrown off if it appears solid on top, the fat will naturally separate. Just mix with a fork until blended)
- 1/2 cup apple juice
- 1/2 cup water
- 2 cups chick peas cooked in 6 cups water
- 1 tablespoon turmeric
- 1 tablespoon cumin
- 1 tablespoon chili powder
- 2 teaspoons fresh thyme
- 2 teaspoons cayenne or red chilis
- 2 teaspoons salt

*use the side of a teaspoon to gently scrape the peel off of fresh ginger

**DIRECTIONS**

1. Heat oils together in pan, add leeks and carrots, and sauté over medium heat about 3 minutes, until leeks are soft.

2. Add vegetables and sauté another 5 minutes. Add spices and apple juice and continue to cook making sure the spices are well blended.

3. Add coconut milk and chick peas and combine well. Turn the heat to low and let simmer about 15 minutes. Serve over cooked grain or noodles.

*Serves 6 to 8*