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This easy curry is a mixture of broccoli, chickpeas, coconut milk and curry spice. (At Elizabeth's Table/Elizabeth Varga)



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Editor's Note: *In this series, Elizabeth Varga will explore how fasting from meat impacts our relationships with self, others, the rest of creation and God. Her reflections and recipes will be posted on the Wednesdays and Fridays of Lent 2022. To receive this series via email, sign up for EarthBeat Reflections.*

"O come, let us sing to the Lord;

let us make a joyful noise to the rock of our salvation!

Let us come into his presence with thanksgiving;

let us make a joyful noise to him with songs of praise!

For the Lord is a great God,

and a great King above all gods.

In his hand are the depths of the earth;

the heights of the mountains are his also.

The sea is his, for he made it;

for his hands formed the dry land."

(Psalm 95:1-5)

How beautiful is the first part of Psalm 95? As we pray this Psalm, may we recognize that the Earth is God’s creation and thank God for this gift.

How often do you stop to praise God for the gift of the Earth? For a beautiful sunset? For the air we breathe? For the mountains and the oceans?

Consider how you treat things that aren’t yours. When you borrow a book from a friend, you try to return it in the same condition. Do you do this with the earth that belongs to God? How do you treat the Earth?

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What can you do to remind yourself to be respectful of creation? How can you better care for creation?

Some ideas to consider:

- Start composting.
- Buy reusable bags and carry them with you.
- Eat more local fruits and vegetables.
- Pick up trash you see on a walk or hike.
- Reduce your consumption of meat and dairy products.
- Purchase foods in bulk instead of in individual packages.

Recipe: Broccoli chickpea curry

This broccoli chickpea curry is a quick dish, perfect for curry beginners. It’s a mixture of broccoli, chickpeas, coconut milk and curry spice. Make it in 30 minutes for an easy, hearty dinner.



This easy curry is a mixture of broccoli, chickpeas, coconut milk and curry spice. (At Elizabeth's Table/Elizabeth Varga)

Ingredients

- 1 1/2 cups vegetable stock
- 1 large yellow onion

- 4 cloves minced garlic
- 2 teaspoons minced ginger or 1/2 teaspoon dried ginger
- 2 teaspoons turmeric
- 1 1/2 teaspoons ground cumin
- 1 teaspoon ground coriander
- 1 can unsweetened coconut milk
- 1 pound broccoli florets
- 1 15-ounce can chickpeas
- salt and pepper
- lime wedges and fresh cilantro

Instructions

1. Using a few tablespoons of vegetable broth, sauté the onion in a large saucepan over medium-high heat. Add more vegetable broth if the onion starts to stick.
2. Add the garlic and ginger. Cook for 30 seconds.
3. Add the turmeric, cumin and coriander. Cook another 30 seconds.
4. Add the coconut milk, remaining vegetable stock, chickpeas and broccoli. Bring to a simmer and cook for 5–10 minutes, until the broccoli is soft but not mushy and all ingredients are warmed through.
5. Remove the curry from the heat and serve.
6. Garnish with fresh cilantro and a drizzle of lime juice. Enjoy!

Find recipe notes, substitutions, and other nutritional information on atelizabethstable.com.

This story appears in the **Recipes for an ecofriendly Lent** feature series. View the full series.