

Recipe for

Chana Masala



SERVES 6-8

PREP TIME/TOTAL
TIME

NUTRITION INFORMATION

Total Calories 574

Fat 9g

Protein 32g

Carbohydrates 96g

Fiber 26g

INGREDIENTS

2 cups of dry chickpeas OR 3 15.5 oz cans of chickpeas

3 tbsp of grated fresh ginger

1 tsp of cumin seeds

1 medium sized tomato-blended

0-2 green chiles finely chopped(depending on desired heat/spice level)

1-2 tsp of salt

1 tsp of ground cumin powder

1 tsp ground coriander powder

1 tsp of chana masala powder or garam masala powder

1 tsp of turmeric

½ tsp of dried mango powder OR ½ tsp of tamarind powder

2 tbsp of lemon juice

¼ cup chopped cilantro

DIRECTIONS

Boil 2 cups of dry chickpeas with 6 cups of water in an Instant Pot for 50 minutes or 8 cups of water in a pressure cooker for 30 minutes. In a pot on stove, 8 cups water and 60-90 minutes. Initially on high and then on medium to low medium. You should be able to easily mash with a teaspoon also the liquid should be a soup consistency.

Add 1/4 cup water to a skillet and place on medium heat. Add 1 tsp of cumin seeds, 3 tbsp of fresh ginger, 1 cup blended tomatoes, 1-2 green chiles(finely chopped). Saute until cooked, About 5 minutes.

In a large pot, combine the above sauteed items with either 3 cans of chickpeas or the soup mix of chickpeas, as above.

Add 1 tsp(if using canned chickpeas) or 2 tsp of salt if using dried chickpeas, 1 tsp of ground cumin powder, 1 tsp ground coriander powder, 1 tsp of chana masala powder, 1 tsp of turmeric and ½ tsp of dried mango powder OR ½ tsp of tamarind powder.

Mix well and keep on medium heat for 20 minutes, occasionally stirring . Remove from Stove and mix in 2 tbsp of lemon juice and garnish with ¼ cup of fresh cilantro.

Enjoy with whole wheat pita, brown rice or black rice.



Grocery List

CHANA MASALA



Produce

- Ginger
- Medium Sized Tomatoes
- Green Chilies or serrano peppers
- 1 Bunch of Cilantro
- Lemon (juice)



Seasoning

- Cumin Seeds
- Salt
- Cumin Powder
- Coriander Powder
- Chana Masala or Garam Masala Powder
- Turmeric
- Dried Mango Powder or Tamarind Powder



Legumes

- 2 cups of dry Chickpeas OR 3 15.5 oz cans of Chickpeas