

Chana Masala

Also called *chole masala*, this is a popular vegetarian dish served in Northern India. “Chana” means chickpea and “masala” refers to a blend of spices used in Indian cooking.

YIELD 4 SERVINGS	PREP TIME 10 MIN	TOTAL TIME 30 MIN
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INGREDIENTS

2 Tbsp	Olive Oil
1 medium	Red or Yellow Onion, small dice
4 each	Garlic cloves, minced
1" piece	Ginger, minced
½ each	Serrano or Jalapeno Pepper, minced
1 Tbsp + 2 tsp	Garam Masala Spice Blend (see separate recipe or use store-bought)
½ tsp	Kosher Salt
15 oz can	Crushed Tomatoes, undrained
1 + ½ cup	Water
1 (15 oz) can	Chickpeas, drained and rinsed
¼ cup packed	Cilantro, chopped

DIRECTIONS

1. Gather all necessary equipment and ingredients.
2. Heat a medium sauté pan over medium-low heat. Once the pan is hot, add the oil.
3. Add the onions to the pan and sauté for 3-5 minutes, until soft and translucent. Add the garlic, ginger, and serrano or jalapeno pepper. Continue sautéing for another 2-3 minutes.
4. Add spice blend and salt and stir to combine well. Allow the spices to toast for about 30 seconds to 1 minute (especially if using a store bought spice blend – this will help activate the spices).
5. Add the crushed tomatoes, water, and chickpeas to the pan and stir well. Increase the heat to medium- high for liquid to reach a boil. You're looking for a semi-thick consistency at this point, as it will cook down and the consistency will be of a thick stew or gravy.
6. Once boiling, reduce the heat to low or medium-low and simmer uncovered for 10-15 minutes, stirring occasionally.
7. Remove from the heat, stir in chopped cilantro. Serve warm over your favorite whole grain!

CHEF'S NOTES

You may find that you need more water to reach the desired consistency, but it should be fairly thick.

Chana masala can be enjoyed as a stew on its own, or it can be delicious with brown rice or your favorite whole grain. Leftovers will keep covered in the refrigerator for up to 6 days, or in the freezer up to 2-3 months.

EQUIPMENT NEEDS

Can Opener
Chef Knife
Cutting Board
Measuring Spoons
Medium or Large Sauté Pan
Rubber Spatula
Strainer

Nutrition Facts

4 servings per container

Serving Size 1 cup (305 g)

Amount per serving

Calories 180

% Daily Value *

Total Fat 9g 11%

Saturated Fat 1g 6%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 390mg 17%

Total Carbohydrate 22g 8%

Dietary Fiber 7g 24%

Total Sugars 7g

Includes 0g Added Sugars 0%

Protein 6g 12%

Vitamin D 0mcg 0%

Calcium 80mg 6%

Iron 1mg 8%

Potassium 400mg 8%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Recipe adapted from *Health meets Food*, Chana Masala (7/13/20)



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