

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. This version makes for a quick weeknight meal with big flavor.

YIELD	PREP TIME	TOTAL TIME
4 SERVINGS	10 MIN	30 MIN

INGREDIENTS

2 Tbsp	Olive Oil
1 each	Onion, small dice
4 cloves	Garlic, minced
1" piece	Ginger, fresh, peeled and grated
1 each	Jalapeno Pepper, minced
2 Tbsp	Garam Masala
½ tsp	Kosher Salt
1 (15 oz) can	Crushed Tomatoes, undrained
1½ cup	Water
1 (15 oz) can	Chickpeas, drained and rinsed
¼ cup	Cilantro, chopped

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 over 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.

Garam masala is a spice blend that can be found in most grocery stores. It translates to “hot spices” but most version not spicy and usually include a blend of coriander, cumin, cardamom, cloves, black pepper, and cinnamon.

DIRECTIONS

1. Gather all necessary equipment and ingredients. Prepare all ingredients as described above.
2. Heat a large 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 jalapeno pepper. Continue sautéing for another 2-3 minutes.
4. Add the Garam Masala and salt and stir to combine well. Allow the spices to toast for about 30 seconds to 1 minute.
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 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!

Nutrition Facts

4 servings per container

Serving size 1 cup (360g)

Amount Per Serving

Calories 240

% Daily Value*

Total Fat 10g 13%

Saturated Fat 0.5g 3%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 420mg 18%

Total Carbohydrate 31g 11%

Dietary Fiber 9g 32%

Total Sugars 5g

Includes 0g Added Sugars 0%

Protein 8g 16%

Vitamin D 0mcg 0%

Calcium 100mg 8%

Iron 4.4mg 25%

Potassium 640mg 15%

* 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.

