

CHANA MASALA

November 30, 2023

Ingredients

- 4 tbsps extra virgin olive oil
- 1 medium onion, chopped
- 1 medium tomato, diced
- 3 garlic cloves, finely chopped
- 1 tbsp chopped ginger root
- ½ tsp Garam Masala (blend of several spices)
- ½ tsp turmeric
- ½ to ¾ tsp salt
- ½ tsp crushed red pepper or green chopped chilies
- 2 cans chickpeas, drained and rinsed
- 1 can (8 oz.) Hunts tomato sauce
- 2 cups water
- Garnish: chopped tomato, red onion and cilantro (optional)



Instructions

1. Heat olive oil in a saucepan over medium heat. Sauté onions until soft about 3 minutes. Add garlic and ginger. Cook until golden brown another 3-4 minutes.
2. Add tomato sauce and chopped tomatoes. Add salt, garam masala, turmeric and chili pepper. Mix together. Cook for another 2-3 minutes until the mixture releases oil.
3. Add chickpeas and cook for another 2-3 minutes.
4. Add water to make curry, mix well and cover with lid for another 15-20 minutes until the gravy thickens.
5. Turn off the heat. Garnish with cilantro, red onion, tomatoes. Serve with Rice, Naan, Bread . . .