

Chana Masala



INGREDIENTS (Serves 4 – 6)

- ½ cup canola oil
- 2 teaspoons cumin seed
- 2 cups yellow onion, diced (1 large)
- 1½ tablespoons garlic, minced
- 1 jalapeno, seeded, diced fine
- ½ cup ginger root, peeled and grated
- 1 15-ounce can crushed tomatoes
- 2 teaspoons garam masala spice blend
- ¼ cup cilantro, chopped fresh
- 3 tablespoons lemon juice
- 2 15-ounce cans garbanzo beans, drained
- 12 ounces filtered water
- 1 tablespoon sea salt

PREPARATION

1. Heat the canola oil on medium-high in a sauce pan. Add the cumin seeds and let sizzle for about 15 seconds; then add the onions.
2. Sauté for about 5-10 minutes until edges start to brown. Add jalapenos, garlic and ginger, and sauté for about 2 more minutes.
3. Add the tomatoes and garam masala and cook until dark and thick, about 10 minutes, stirring often.
4. Add cilantro and all remaining ingredients. Bring to a simmer, cover on low heat for 5 minutes, stirring often.
5. Season to taste.

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SHOPPING LIST

Produce

- 1 large yellow onion
- 1 jalapeno
- Fresh ginger root
- Lemon
- Garlic
- Fresh cilantro

Grocery

- Canola oil
- 2 cans (15 oz.) garbanzo beans
- 1 can (15 oz.) crushed tomatoes

Spices/Seasonings

- Cumin seed
- Garam masala spice blend
- Sea salt

SERVING SUGGESTION

Serve hot over basmati rice, with warm naan bread.

NUTRITIONAL INFORMATION

Per Serving: 686 calories, 26 g fat, 0 mg cholesterol, 92 g carbohydrates, 25 g dietary fiber, 27 g protein 172 mg sodium

The nutritional values and information provided are approximations.

This Rush Hour Recipe courtesy of:

Seward Co-op Grocery and Deli, Minneapolis, Minnesota

