

CHANA MASALA

Recipe by: Chef Jonathan Poyourow, RD, LD

Yield: 4 servings

Ingredients:

Vegetable oil to coat pan
3 green cardamom pods
6 whole cloves
2 bay leaves
1 cinnamon stick, broken in half
1 tablespoon whole cumin seeds
2 cups yellow onions, finely diced
1 teaspoon salt
1 teaspoon turmeric
1 tablespoon ginger-garlic paste (out of a jar or equal parts ginger and garlic pureed together with a touch of water)
2 cups chopped tomatoes
1/3 cup garam masala powder (found in any Indian grocery or in the international aisle at the grocery store)
1 teaspoon Indian red chili powder (or 2 tsp cayenne)
1-2 cups water, as needed
1 (28 ounce) can garbanzo beans, drained and rinsed
1/8 teaspoon salt
Juice of 1 lime
Chopped cilantro, for garnish

Method of Preparation:

1. Heat a large saucepan over medium-high heat. Add enough oil to barely coat the bottom of the pan and heat until shimmering. Add cardamom, clove, bay leaves, cinnamon stick and cumin seeds. The cumin seeds will sizzle. Stir fry for 30-seconds or until fragrant.
2. Add onions and salt. Cook until onions are very brown, about 10 minutes.
3. Add turmeric and ginger-garlic paste and cook for 1-2 minutes.
4. Add tomatoes and cook for 15 minutes, or until they have broken down and the mixture looks like a slightly thick paste. There shouldn't be much excess liquid in the pan.
5. Add garam masala powder and chili powder. Cook for 2-3 minutes. Add water - the exact amount depends on how much "sauce" you want in the final dish.
6. Add chickpeas and simmer for 10 minutes to allow sauce to slightly thicken.
7. Add salt to taste, lime juice, and a handful of chopped cilantro
8. Serve with rice or your favorite Indian flatbread.

Nutritional Analysis:

Calories: 270
Carbohydrates: 38 g
Sodium: 910 mg
Protein: 11 g
Fat: 10 g
Fiber: 11 g