

# CHANA MASALA



# INGREDIENTS

- 1-15 oz. can low-sodium chickpeas
- 1-14 oz. can diced tomatoes
- 1 medium yellow onion, chopped
- 3 cloves of garlic, minced or 1 tsp jarred minced garlic
- 1 tbsp. extra virgin olive oil
- 2 tsp. ground cumin
- 2 tsp. ground ginger
- 1 tsp. ground coriander or dried cilantro
- 1 ½ tsp. ground turmeric
- 1 ½ tsp. paprika
- 1 tsp. cardamom
- 1 tsp. cinnamon
- Pinch of salt

# DIRECTIONS

- 1. Wash hands for 20 seconds using warm water & soap; making sure to wash your wrists, underneath your finger nails, and in between your fingers.**
- 2. Using a knife and cutting board, chop the onion into ½ inch pieces. After this, mince your garlic finely. If pieces are uneven, that is okay.**
- 3. Heat 1 tbsp. of oil in a stock pot over medium-high heat for 2 minutes. Stir the oil around to all edges.**
- 4. Add the chopped onions to the pot. Stir into the oil. Add a pinch of salt to help sweat the onions. Cover and heat for 3 minutes, stirring occasionally. Add the garlic and heat for 2 more minutes.**
- 5. Once the onions are soft and slightly browned, add in your undrained canned tomatoes and chickpeas and turn down the heat to a medium.**
- 6. In no particular order, add all your spices into your pot. Mix thoroughly into the vegetables.**
- 7. Cover & simmer on medium low for 15 minutes.**
- 8. After 15 minutes, take off heat and let sit for 2 minutes. Ladle up and serve!**

# NUTRITION INFORMATION

- Yields 2 servings
- Calories: 343
- Fat: 11 grams
- Carbohydrates: 51 grams
- Protein: 12 grams