

Chana Masala

(chickpeas)

Prep time 5 min **Cook time** 25 mins
Total time 30 mins **Makes** 6 large servings

Ingredients

1 onion
6 cloves garlic, minced
2-3 fresh green chilies, sliced with seeds (such as Serrano peppers)
30 mL/2 T. fresh ginger
45 mL /3 T. oil
125 mL/1/2 cup fresh cilantro, chopped
15 mL/1 T. ground cumin
15 mL/1 T. ground coriander
5 mL/1 tsp. chili powder
5 mL/1 tsp. ground turmeric
1 - 28-oz can pureed or finely diced tomatoes
2 x 15-ounce (425 g) cans chickpeas, drained
5 mL/1 tsp. Garam Masala
30 mL/2 Tbsp lemon juice

Instructions

1. Grate or finely mince onion, garlic, chilies, and ginger (you may want to wear gloves while preparing hot chilies) .
2. Heat oil in a large pot over medium heat. Once hot, add onion, garlic, chilies, ginger, and stir in cilantro and dried spices (cumin, coriander, chili powder, turmeric). Add a little more oil at this point if the pan is looking dry.
3. Next add pureed tomatoes and drained chickpeas. If the mixture looks a little too thick, add ½ to 1 cup of water: you're looking for a semi-thick soup consistency at this point, as it will cook down into more of a stew.
4. Increase heat to medium high until it reaches a rolling simmer, then reduce heat to low or medium-low and maintain a simmer (uncovered) for 15-20 minutes, or until thick and stew-like. Stir occasionally.
5. Remove from heat and stir in Garam Masala and lemon juice.

Serve over hot cooked rice



Leftovers will keep covered in the refrigerator up to 4 days, or in the freezer up to 1 month.

✓ **Iron-rich**

✓ **Vegan/Vegetarian**

✓ **Budget-friendly**

(buy small amounts spices from Bulk Bins to save \$)



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