



Chana Masala

A popular vegetarian dish served over rice in North India.
Can be stored up to 5 days in the refrigerator.

U.S.		Metric
2 tsp	Olive oil	10 mL
1 medium	Onions, small dice	1 medium
1 clove	Garlic, chopped fine	1 clove
1 Tbsp	Ginger, fresh, grated	6 g
2 tsp	Turmeric powder	6 g
1/2 tsp	Cardamom, ground	1.5 g
1 tsp	Coriander, ground	3 g
2 tsp	Yellow curry powder	6 g
1 tsp	Chili powder	1.5 g
1/2 tsp	Cinnamon	1.5 g
1/4 tsp	Black pepper	0.75 g
1/4 tsp	Salt	0.75 g
1(28 oz) can	Tomato Sauce	791 g
1(14oz) can	Chickpeas, drained and rinsed	396 g
1/2 cup	Water	118 mL

Preparation:

1. Gather all ingredients and equipment.
2. Heat sauté pan over medium-high heat, and add oil. Sauté onions for 5-8 minutes until soft. Add garlic and saute for another 2 minutes.
3. Reduce heat to medium-low, and add ginger, turmeric, cardamom, coriander, curry, chili powder, cinnamon, pepper, salt, tomato sauce, chickpeas and water.
4. Simmer for about 15 minutes, or until thickened.
5. Remove from heat. Garnish with cilantro and serve over brown basmati rice. Enjoy!

Nutrition Facts

6 Servings

Serving size **3/4 cup**

Amount per serving

Calories **160**

Total Fat 3 g

 Saturated Fat 0 g

 Trans Fat 0 g

 Monounsaturated Fat 1.5 g

Cholesterol 0 mg

Sodium 670 mg

Total Carbohydrate 27 g

 Dietary Fiber 7 g

 Total Sugars 0 g

 Includes 0g Added Sugars

Protein 7 g

Vitamin D 0 %

Calcium 3 %

Iron 20 %

Potassium 500 mg

Phosphorus 105 mg
