

Chana Masala Savory Indian Chick Peas

Jacob · 28/09/2024



Prep Time

30 mins

Difficult

Medium

Servings

2

Description

Give this chana masala dish a try and don't look back Indian food is not just curried sauces This spin on an Indian chickpea curry features a healthy mixture of chickpeas tomatoes onion and spices Both carnivores and vegetarians will enjoy this meal My kids love it Leave out the green chile if the kiddies will be eating Serve over basmati or jasmine rice and enjoy Namaste yall

Ingredients

- - 1 onion
- chopped - 1 tomato
- chopped - 1 (1 inch) piece fresh ginger
- peeled and chopped - 4 cloves garlic
- chopped
- or more to taste - 1 green chile pepper
- seeded and chopped (Optional) - 3 tablespoons olive oil - 2 fresh bay leaves - 1 teaspoon chili powder - 1 teaspoon coriander powder - 1 teaspoon garam masala - ½ teaspoon turmeric powder - 1 pinch salt to taste - water as needed - 1 (15 ounce) can chickpeas - 1 teaspoon fresh cilantro leaves
- for garnish
- or more to taste

Instructions

1. Grind onion
2. tomato
3. ginger
4. garlic
5. and chile pepper together in a food processor into a paste. Dotdash Meredith Food Studios Heat olive oil in a large skillet over medium heat. Fry bay leaves in hot oil until fragrant
6. about 30 seconds. Pour the paste into the skillet and cook until the oil begins to separate from the mixture and is golden brown in color
7. 2 to 3 minutes. Season the mixture with chili powder
8. coriander
9. gram masala
10. turmeric
11. and salt; cook and stir until very hot
12. 2 to 3 minutes. Dotdash Meredith Food Studios Stir enough water into the mixture to get a thick gravy; bring to a boil and stir chickpeas into the gravy. Reduce heat to medium and cook until the chickpeas are heated through
13. 5 to 7 minutes. Garnish with cilantro. Dotdash Meredith Food Studios Recipe Tip Serve with a matar paneer recipe to round out this Indian dinner. As an optional serving suggestion
14. serve with Indian Naan Bread instead of rice.