



## Chana Masala

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

<u>U.S.</u>		<u>Metric</u>
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	.75 g
1/4 tsp	Salt	.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 and garlic.
3. Reduce heat to medium-low, and add ginger, turmeric, cardamom, coriander, curry, chili powder, cinnamon, pepper, salt, tomato puree, 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!

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### Nutrition Facts

<b>Serving size</b>	<b>3/4 cup</b>
<b>Servings</b>	<b>5</b>
<b>Calories</b>	166
Calories from Fat	60
Total Fat	7 g
Saturated Fat	1 g
Trans Fat	0 g
Monounsaturated Fat	4 g
Cholesterol	0 mg
Sodium	495 mg
Carbohydrates	24 g
Dietary Fiber	6 g
Sugars	7 g
Protein	5 g
Vitamin A	25 %
Calcium	5 %
Vitamin C	79 %

Iron	5 %
Phosphorus	85 mg

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