

Marie Saba

from my kitchen to yours

Chana Masala

Serves 4

Ingredients:

- 2 medium onions, roughly chopped
- 3 medium tomatoes, roughly chopped
- 2 cloves garlic, roughly chopped
- 2 inches ginger, peeled and roughly chopped
- 2 tablespoons ghee or olive oil
- 1 teaspoon whole cumin seeds
- 1/2 teaspoon turmeric powder
- 1 teaspoon mild chili powder
- 1 Tablespoon coriander seed powder
- 2 cans (15 oz., each) chickpeas, drained and rinsed
- 2 cups water
- 2 dried bay leaves
- 1 teaspoon Kosher salt, or more to taste

For Garnish:

- 1 teaspoon garam masala
- 1/2 inch ginger, peeled and slivered
- 1 small jalapeño, seeded and slivered
- 1/4 cup cilantro, roughly chopped

Instructions:

1. In a small food processor, blend onions into a smooth puree. Set aside in a separate bowl.
2. Add tomato, garlic and ginger to the processor and blend into a smooth puree. Set aside.
3. Heat ghee in a large saucepan over medium heat. Add onion puree to pan and cook, stirring frequently, for about 10 minutes until onion is golden-brown. Add a little water if the onion starts to burn or sticks to the pan.
4. Add whole cumin seeds to onion and cook for 2 to 3 minutes.
5. Add tomato-ginger-garlic puree and cook, stirring occasionally, for 8 to 10 minutes. Add a little water if the mixture starts to burn or sticks to the pan.



YouTube: Marie's Kitchen
Website: MarieSaba.com
Email: Marie@MarieSaba.com



6. Add remaining spices (turmeric, chili powder, and ground coriander) to mixture. Stir and cook for about 5 minutes.
7. Add chickpeas, water, and bay leaves. Bring mixture to a boil; then reduce heat to a simmer. Cook, stirring occasionally, until the mixture reaches a thick consistency, about 30 minutes.
8. Off heat and stir in salt and garam masala.
9. Garnish with cilantro, jalapeño, and ginger. Serve warm with basmati rice and naan, if desired.

Notes: