

# Chana Masala

This Northern Indian chickpea curry is a crowd pleaser. It is easy to make and is packed with protein and fiber to keep you full and satisfied.

## Ingredients



- 1 - 2 tbsp. oil
- 1 medium onion diced
- 2 cloves garlic minced or 1 tbsp. garlic powder
- 1 inch piece ginger thinly sliced or grated or 1 tsp. ginger powder
- 1 tbsp. curry powder
- 1 tsp. cumin powder (optional)
- ½ tsp. dried chili flakes or chili powder (optional or more if you like spicy)
- 1 tsp. turmeric ground
- 1 28 oz. can crushed or diced tomatoes
- 1 15 oz. can chickpeas drained and rinsed
- 1 tsp. sugar
- Salt and pepper
- ¼ cup cilantro, chopped (optional)





# 1

## Sauté

In a medium sized pot over medium-high heat, sauté onions in oil. Cook until softened, about 3 – 4 minutes. Add garlic and ginger and all the spices and mix well. Let cook for another minute.

# 2

## Add ingredients

Add tomatoes, chickpeas, sugar, salt and pepper and bring to a boil.

# 3

## Reduce heat

Reduce heat to simmer and cook for about 20 minutes or until the sauce has thickened.

# 4

## Add cilantro

Add the cilantro and stir in and enjoy.

## Tips & Tricks

- This curry freezes well so make a double batch.
- Chickpeas are a great source of protein and fibre.
- Feel free to add any other chopped vegetables like carrots, broccoli, cauliflower or potatoes and turn this dish into a mixed vegetable curry.