



# CHANA MASALA

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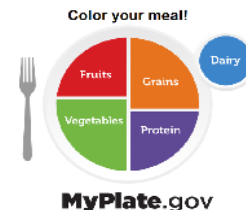
 @Gleanersfan



## Ingredients:

**1 Onion, diced**  
**4 cloves Garlic, minced**  
**1 can no salt added Tomatoes, pureed**  
**3 tsp Coriander powder**  
**1/2 tsp Garam Masala**  
**1/2 tsp Salt**  
**1/2 Tbsp ghee or butter**

**1/2 Jalapeno, minced**  
**1 inch chunk Ginger, minced**  
**2 cans Chickpeas, drained**  
**1 tsp Turmeric**  
**1/4 tsp Cayenne**  
**1 tsp Cumin seed**



## Directions:

1. Measure all spices except cumin seed in a small bowl.
2. Melt the ghee or butter and add the cumin seeds, toast for 5-10 seconds.
3. Add the onion and sauté for 2 minutes, then add the garlic and cook another minute.
4. Add the ginger, jalapeno, and spices, and cook for 1 minute.
5. Add the tomato puree, mix, and cover. Let simmer for 10 minutes.
6. Remove the lid, add the chickpeas, and enjoy!

Find more recipes and resources online at: [www.gcfb.org/recipes\\_resources](http://www.gcfb.org/recipes_resources)

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