



EASY CHANA MASALA



PREP TIME: 5 MINUTES COOK TIME: 25 MINUTES TOTAL TIME: 30 MINUTES SERVINGS: 6

INGREDIENTS

- 3 Tbsp grape seed or coconut oil
- 1 medium white or yellow onion, finely diced
- 1 Tbsp ground cumin
- 3/4 tsp sea salt, divided
- 6 cloves garlic, minced
- 2 Tbsp fresh ginger, minced
- 1/2 cup fresh cilantro, chopped
- 2-3 fresh green chilies, sliced with seeds
- 1 Tbsp ground coriander
- 1 tsp chili powder
- 1 tsp ground turmeric
- 1 28-ounce can pureed or finely diced tomatoes
- 2 15-ounce cans chickpeas, slightly drained
- 1 tsp garam masala
- 2-3 tsp coconut sugar
- 2 Tbsp lemon juice

INSTRUCTIONS:

1. Heat a large pot over medium heat. Once hot, add oil, onion, cumin, and one-fourth of the salt.
2. Add garlic, ginger, cilantro, and green chilies to a mortar and pestle or a small food processor to grind or pulse into a rough paste. Then, add to the pan with the onions.
3. Next add ground coriander, chili powder, and turmeric and stir to coat. Add a little more oil at this point if the pan appears too dry.
4. Next add pureed tomatoes and chickpeas and remaining salt. If the mixture looks a little too thick, add up to 1 cup water. You're looking for a semi-thick soup consistency at this point, as it will cook down into more of a stew.
5. Increase heat to medium high until it reaches a rolling simmer, then reduce heat to low or medium-low and maintain a simmer, uncovered for 15-20 minutes, or until thick and stew-like. Stir occasionally.
6. When the chana masala is thickened and bubbly, taste and adjust seasonings as needed, adding more salt for saltiness, chili powder for heat, or a bit of coconut sugar for sweetness and to offset the heat of the chilies.
7. Remove from heat and add lemon juice and garam masala. Stir to mix, then let cool slightly before serving.
8. Garnish with cilantro or additional fresh lemon. To make a complete meal, serve with whole grains.
9. Leftovers will keep covered in the refrigerator for up to 4 days or in the freezer for up to 1 month.