

## Ingredients

2 cups dry brown rice	1 1/2 tsp turmeric
1 Tbsp water	1/2 tsp salt
3 tsp cumin seeds	1/2 tsp cayenne pepper
2 yellow onions, chopped	2 cans whole peeled tomatoes, with juice (28 oz)
2 Tbsp garlic, minced (about 15 cloves)	4 cans chickpeas drained and rinsed (14 oz)
2 Tbsp fresh ginger, minced	1 bunch fresh cilantro, chopped for garnishing
2 jalapeno peppers, minced	
3 tsp garam masala	
3 tsp coriander	

## Instructions

Cook the rice according to package directions. In a skillet on medium high heat, add 1 Tbsp water. When the water begins to sputter, add cumin seeds. Toast the seeds for 1-2 minutes, stirring frequently, until the seeds are golden and fragrant. Stir in the onion, garlic, ginger and Jalapeno. Cook for about 5 minutes, stirring often, adding water just as needed to prevent sticking. Stir in the garam masala, coriander, turmeric, salt and cayenne, and cook for 2 more minutes. Add the whole peeled tomatoes and their juices. Use the back of a wooden spoon to break the tomatoes apart. Add the chickpeas. Bring the mixture to a simmer and cook for 10 minutes to allow the flavors to meld.

Serve over rice and garnish with fresh cilantro.

## Nutrition Information Per Serving

Serving Size: 1 cup Chana Masala, 1/2 cup rice

Serves 12

Calories: 300

Fat: 2.5 gm

Sodium: 130 mg

Fiber: 8 gm

Carbohydrates: 56 gm

Protein: 11 gm

Sugars: 6 gm