

Ingredients

1 cup dry brown rice	3/4 tsp turmeric
1 Tbsp water	1/4 tsp salt
1 1/2 tsp cumin seeds	1/4 tsp cayenne pepper
1 yellow onion, chopped	1 can whole peeled tomatoes, with juice (28 oz)
1 Tbsp garlic, minced (about 7 cloves)	2 cans chickpeas drained and rinsed (14 oz)
1 Tbsp fresh ginger, minced	1/2 bunch fresh cilantro, chopped for garnishing
1 jalapeno pepper, minced	
1 1/2 tsp garam masala	
1 1/2 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 6
Calories: 300
Fat: 2.5 gm
Sodium: 130 mg
Fiber: 8 gm
Carbohydrates: 56 gm
Protein: 11 gm
Sugars: 6 gm