



Chana Masala

Serves: 12- 1 cup Chana Masala, 1/2 cup rice

amount	unit	Ingredients:
2	cups	dry brown rice
1	Tbsp	water
3	tsp	cumin seeds
2	each	yellow onion, chopped
2	Tbsp	garlic, minced (about 15 cloves)
2	Tbsp	fresh ginger, minced (about a 3 inch piece)
2	each	Jalapeño pepper, minced
3	tsp	garam masala
3	tsp	coriander
1.5	tsp	turmeric
0.5	tsp	salt
0.5	tsp	cayenne pepper
2	can	28 oz can whole peeled tomatoes, with their juices
4	cans	chickpeas (14 oz each) drained and rinsed
1	bunch	fresh cilantro, chopped, for garnishing

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 pepper. 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.

Nutritional Information:

Calories: 300 ; Carbohydrates: 56 g; Fiber: 8 g; Sugars: 6 g; Protein: 11 g; Fat: 2.5 g; Saturated Fat: 0 g; Cholesterol: 0 mg; Sodium: 130 mg