

Indian Curried Chick Peas (Chana Masala)

Serves 4-6

Ingredients

- 2 tbsp. canola oil
- 2 tsp. ground cumin
- 2 tsp. ground coriander
- 1 tsp. curry powder
- 2 tsp. garam masala
- 2 tsp. turmeric
- 1 onion, chopped
- 3 garlic cloves, minced
- 1 tbsp. grated fresh ginger (more or less to taste)
- 1 Serrano or jalapeno chili, finely chopped
- 1 and ½ cups peas
- 1 28-oz. can petite diced tomatoes
- 2 15-oz. cans garbanzo beans (chick peas), drained and rinsed
- Salt and pepper to taste (generous amount)
- Chopped cilantro for garnish

Directions

- 1) Heat up the canola oil with the cumin, coriander, curry powder, garam masala, and turmeric in a large sauté pan. Add the onion, garlic, ginger, and chili and sauté for about 5 minutes.
- 2) Add the peas, diced tomatoes, and garbanzo beans and bring to a boil. Simmer uncovered for about 20 minutes, or until thickened. Season with salt and pepper to taste.
- 3) Turn off the heat, sprinkle with cilantro, and serve.