



Chana Masala

- serves 4 -

Shopping/Ingredient List

Condiments/Spices

- Neutral Oil (Grapeseed, Vegetable, or Sunflower)
- Kosher Salt
- [Garam Masala](#) (store bought mix, 1 small jar or pouch)

Produce

- 1 - Bunch Cilantro
- 1 - Jalapeño (or buy a pepper based on your spice preference)
- 1 - Yellow Onion
- 1 - Head Garlic
- 1 - 1-2" Piece, Ginger
- 1 - Lemon

Canned Goods

- 1 - 15oz Can, Chickpeas
- 1 - 15oz Can, Diced Tomatoes

Grain

- 1 - Small Bag, Brown Basmati Rice

Optional Additions and Alternatives

- 1- Small container Greek Non/Low-Fat Plain Yogurt
- 1 - Bulb Fennel (w/ tops/fronds if possible)
- Protein (if desired)
 - 1Lb Chicken Breast, Fish, or Shrimp
 - Oilier fish like salmon, mackerel, and trout high in Omega-3s are good sources of seafood for anti-inflammation
- If not using Brown Rice
 - Indian Bread of choice (i.e., Naan, Paratha, Roti, Pita)
 - Alternative Grain or other side of choice (i.e., Cauliflower Rice, Buckwheat, Couscous, etc.)
- Turmeric (ground) - for added Anti-Inflammatory boost
- Make Your Own Garam Masala Blend Ahead - [LINK](#)

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Ingredients

- 1 Tbsp canola oil
- ½ tsp salt, divided
- 2 Tbsp Garam Masala
- 1/4 cup cilantro, chopped
- 1/2 jalapeño, minced
- 1/2 onion, finely diced
- 3 cloves garlic, minced
- 1 inch ginger, fresh, minced
- 1 ¾ cups prepared or canned chickpeas*
- 1- 14oz can canned diced tomatoes, with juice (not drained)
- 1/2 lemon, juiced



Directions

Mise en Place:

- Measure out the canola oil, salt, and Garam Masala.
- Wash and dry the cilantro and jalapeno.
- Chop the cilantro; mince the garlic, ginger, and jalapeno; dice the onion.
- Prepare chickpeas or rinse and drain canned chickpeas.

Heat the Spices and Herbs:

- Heat a large pot over medium heat. Once hot, add oil, onion, and 1/4 tsp salt and cook, stirring frequently until onion is tender, about 5 minutes.
- Add the garlic, ginger, cilantro, and jalapeno to the pot and cook, stirring continuously, for about 30 seconds.
- Add the garam masala and stir until everything is evenly coated with the spices. You can add a little more oil at this point if the pan is looking dry.

Add Tomatoes and Chickpeas:

- Add tomatoes and chickpeas and remaining salt. If the mixture looks a little too thick, add up to 1 cup water.
- 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.

Serve:

- Remove from heat and add lemon juice.
- Serve and enjoy!