

QUICK AND EASY CHANA MASALA

Chana Masala, or curried chickpeas, is a traditional dish in Indian cuisine. It can range in flavor from mild to intensely spicy depending on the type and amount of curry powder you use. If you aren't a fan of the mixtures commonly found in supermarkets, try creating your own curry powder blend by combining turmeric, coriander, cumin, ginger, mustard, black pepper, cinnamon, cardamom, and cayenne. Feel free to experiment to find the perfect level of seasoning for you and your family

INGREDIENTS

Yield: 6 servings
Prep Time: 10mins
Cook Time: 15mins
Total Time: 25mins

- 1 tablespoon extra-virgin olive oil
OR avocado oil
- 2 tablespoons curry powder (or to taste)
- 4 cups chickpeas, with 1 cup of cooking liquid (or 4 cans chickpeas and 1 cup of water)
- Salt, to taste
- 1 can (14.5 ounces) diced tomatoes
- 1 inch of fresh ginger, peeled (optional)

Nutrition Per Serving

Calories: 220
Carbohydrates: 34g
Fat: 6g
Protein: 11g

DIRECTIONS

- 1) Heat the oil in a large skillet over medium heat.
- 2) Add spices and cook until fragrant (about 30 seconds).
- 3) If using ginger, puree with 1/3 cup water in a jar with an immersion blender.
- 4) Add the chickpeas, chickpea liquid, ginger, and diced tomatoes.
- 5) Bring to a boil, then reduce heat and simmer for 10-15 minutes. The chickpea liquid should thicken into a nice saucy consistency.
- 6) Adjust seasoning to taste and serve warm.

HOW TO SERVE

Serve the recipe as a side to a fatty meat for a healthy, slow carb option. Make the following adjustments if you'd like to serve the Chana Masala as the main dish...

- Use three Tablespoons of oil instead of one
- Add an additional one-to-two Tablespoons of spices
- Saute 2 pounds of cubed, extra-firm tofu in the oil-and-spice mixture before adding the other ingredients.
- Serve with a quarter cup of berries with 2 tablespoons of whipped cream.

Complete Meal: 560 (Cals), 28% (Carbohydrates), 48% (Fat), 24% (Protein)