

Chana Masala



This dish tends to be very oily and rich when ordered at a typical Indian restaurant. For this recipe, I have taken out the oil and used a bit of coconut milk. This dish is even better as leftovers because the flavors become more intense the longer it cooks or sits.

INGREDIENTS

1 onion, diced	2 teaspoons Garam Masala
5 garlic cloves, minced	½ to 1 teaspoon sea salt
2 teaspoons minced fresh ginger	One 15 ounce can garbanzo beans, rinsed and drained
½ cup low-sodium vegetable stock for sautéing	3 tablespoons tomato paste
1 tablespoon curry powder	¾ cup lite coconut milk
1 teaspoon cumin powder	One 28 ounce can diced tomatoes
⅛ teaspoon cayenne pepper	2 potatoes, diced small
1 teaspoon paprika	1½ cups frozen peas

DIRECTIONS

1. In a skillet over medium heat, sauté the onion, garlic, and ginger in the vegetable stock until tender.
2. Add all the spices and continue to cook over low heat for 1 additional minute.
3. Add the chickpeas, tomato paste, coconut milk, diced tomatoes, potatoes, and peas. Cover and simmer until the potatoes are tender.
4. Serve with Naan or Roti bread.

ENTREES



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