

INSPIRED INDIAN CHANA MASALA

GARBANZO BEAN CURRY 4 TO 5 SERVINGS | COOK TIME 45 MIN

INGREDIENTS

- 2 cans garbanzo beans
- 1-inch cube fresh ginger
- 1 medium yellow onion
- 4 garlic cloves
- 1 tbs butter
- 1 cup tomato sauce
- 1 lemon
- 1 small red onion and cilantro for garnish (optional)
- vegetable oil
- salt



DIRECTIONS

- 1 Peel and finely chop onion. Heat 1 tbs oil on medium. Add **WHOLE SPICES**, stir 1 min, then add chopped onion. Sauté 7 - 10 min until lightly browned.
- 2 Peel and finely grate ginger and garlic. Add to pan and sauté 1 min. Add **MASALA POWDER**, 1 tbs butter, and 2 tbs water. Sauté 2 min.
- 3 Drain and rinse garbanzo beans. Add to pan with tomato sauce, 1 cup warm water, and 1 tsp salt. Reduce to low, cover, and simmer 15 min; stir occasionally.
- 4 Add lemon juice and salt to taste.
- 5 (Optional) Garnish with finely chopped red onion and cilantro.