

CHANNA MASALA

Recipe by Anita Alamshaw



INGREDIENTS

1-15oz Can of Garbanzo Beans
1 Medium Onion (chopped-small)
2 Tomatoes (chopped)
2 Cloves of Garlic (minced)
1t Whole Cumin seeds
1.5t Cumin powder
1t Coriander powder
.5t Turmeric powder
1-2t Chili powder
1-2t Salt
1T Tomato paste
1T Plain yogurt (optional)
1t Cilantro (chopped) for garnish

Rinse canned garbanzo beans with water

Heat oil in pan (medium heat) then add: whole cumin seeds, onions, garlic

Sauté until golden brown

Add tomatoes to mixture and sauté until it cooks and becomes a nice gravy.

Add garbanzo beans along with all remaining ingredients: cumin, coriander, turmeric, chili powder, salt, tomato paste, yogurt (optional)

Mix well, low-medium heat, cover and let simmer for 15 minutes

Garnish with fresh chopped cilantro

Can be served with: Brown Rice, Tortillas, Naan / Roti / Chapati (Indian breads)

<http://veggiegrettie.com/2011/05/08/guest-blog-channa-masala-anita-alamshaw/>