

## Channa Masala

- Olive oil
- 2 medium Onions (about amount as tomatoes)
- 1 tin of Tomatoes
- 1 tin of Chickpeas
- 4 cloves Garlic
- 1 TBSP Ginger, grated
- 1 tsp chili powder
- 1 TBSP Channa masala powder or garam masala
- Salt
- Fresh cilantro (for garnish)
- Lemon wedges (for garnish)



1. Chop onions into small diced pieces.
2. Mince garlic and grate the ginger if fresh.
3. Heat 1 TBSP of oil in skillet on medium heat.
4. Saute the garlic, ginger and chile powder for 1 minute until they become fragrant. (You can smell them!)
5. Add the onions, and cook for 1-2 minutes until the onions become softer.
6. Add the tomatoes. There should be about equal amounts of onion as tomatoes.
7. Simmer until the tomatoes tender, about 3 minutes.
8. Add the channa masala spice or garam masala and the chick peas. Cook for 10 minutes.
9. To thicken the sauce, remove 1-2 cups of the chick peas and cooking liquid, and put into blender to puree until smooth. Return to the pan. (An immersion blender can be used briefly instead.)
10. Add salt to season – about ½ tsp, then cook for about 20 minutes.

Cook some rice to serve with the channa masala.

*Garnish with fresh cilantro leaves, and lemon wedges or lemon juice over top.*