

CHANA MASALA

Time: 45 minutes

Serves: 4

Ingredients:

- 1 tablespoon extra-virgin coconut oil
- 2 teaspoons cumin seeds
- 4 cloves garlic - finely chopped or grated
- 2 teaspoons freshly grated ginger
- 1 large onion – finely chopped
- ½ Anaheim pepper – seeded and finely chopped
- 2 teaspoons garam masala
- 1 teaspoon ground coriander
- 1 teaspoon kosher salt
- 28-ounce can diced tomatoes
- 2 19-ounce cans chickpeas – rinsed and drained
- ¼ cup cilantro – chopped
- 1 tablespoon fresh lemon juice

Preparation:

Place a large pot on medium heat and add the coconut oil.

When the oil is hot, add the cumin seeds, stirring often for one minute to toast.

Add the garlic, ginger, onion and pepper, stirring occasionally for five minutes.

Stir in the garam masala, coriander and salt. Cook for one minute.

Add the tomatoes and chickpeas, bringing heat to high until a simmer is reached. Reduce heat to maintain a simmer and cook, partially covered, stirring occasionally for thirty minutes.

Remove from heat then, stir in the cilantro and lemon juice. Serve immediately or reheat later.

Nutritional Information Per Serving:

- Calories: 280
- Fat: 8g
- Carbs: 42g
- Fibre: 12g
- Protein: 12g