

Instant Pot Indian Chana Masala

Yield: 4 min
Total Time: 70 min

Recipe from: <https://www.recipeschoose.com/recipes/simple-indian-chana-masala-recipe>

Ingredients:

- 1 tablespoon cooking oil organic, anything with a high burning point – avocado or coconut work well for this
- 1 onion chopped
- 3 cloves whole
- 1 stick canela
- 2 bay leaves
- 1 inch ginger whole or grated
- 5 cloves garlic chopped
- 1 1/2 cups dried chick peas washed and sorted
- 3 cups water
- 1 1/2 teaspoons salt real, to taste
- 2 tablespoons cumin powder
- 2 teaspoons coriander powder
- 1/2 teaspoon red chili powder
- 1 teaspoon Garam Masala
- 1 teaspoon turmeric haldi powder
- 1 teaspoon amchoor powder dried mango powder - this can be found at all Indian grocery stores
- 3 tablespoons tomato paste

Nutrition:

1. Calories: 370 calories
2. Carbohydrate: 59 grams
3. Fat: 9 grams
4. Fiber: 18 grams
5. Protein: 17 grams
6. SaturatedFat: 1 grams
7. Sodium: 1020 milligrams

8. Sugar: 11 grams

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