

Black Chana Masala

Yield: 4 min
Total Time: 70 min

Recipe from: <https://www.recipeschoose.com/recipes/black-chana-recipe-pakistani>

Ingredients:

- 2 cups black chickpeas dried, or 6 cups cooked black or regular chickpeas
- 2 tablespoons oil
- 1 onion large, finely minced
- 1 pinch baking soda
- 1 teaspoon mustard seeds each:
- 2 tablespoons minced ginger finely
- 4 garlic cloves minced
- 2 green chilis finely minced, remove seeds for a less spicy chili. I used serrano chilis.
- 2 tablespoons tomato paste
- 2 teaspoons coriander each:, and garam masala
- 1 teaspoon turmeric
- 28 ounces diced tomatoes
- 1 cup chopped cilantro
- 1 lemon

Nutrition:

1. Calories: 480 calories
2. Carbohydrate: 77 grams
3. Fat: 8 grams
4. Fiber: 35 grams
5. Protein: 29 grams
6. SaturatedFat: 0.5 grams
7. Sodium: 125 milligrams
8. Sugar: 11 grams

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