

Chana Masala (Easy and Authentic Chickpea Curry)

Yield: 10 min
Total Time: 45 min

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

Ingredients:

- 1/4 cup neutral oil such as avocado or grapeseed
- 3/4 teaspoon cumin seeds
- 1 medium onion finely chopped
- 5 cloves garlic crushed
- 1 inch ginger piece, crushed
- 2 serrano or thai green chili peppers sliced or chopped
- 2 teaspoons coriander powder
- 1 teaspoon cumin powder
- 1 teaspoon paprika powder
- 1/2 teaspoon turmeric powder
- 1/4 teaspoon red chili powder or cayenne
- 2 medium tomatoes finely chopped
- 1 1/2 teaspoons salt or to taste
- 2 cans chickpeas rinsed and drained
- 1/2 teaspoon Garam Masala or chaat masala
- 1 teaspoon lemon juice freshly squeezed
- 3 tablespoons cilantro leaves chopped

Nutrition:

1. Calories: 170 calories
2. Carbohydrate: 23 grams
3. Fat: 7 grams
4. Fiber: 4 grams
5. Protein: 5 grams
6. Sodium: 620 milligrams
7. Sugar: 1 grams

Thank you for visiting our website. Hope you enjoy Chana Masala (Easy and Authentic Chickpea Curry) above. You can see more 16 chana masala recipe indian chef Experience culinary bliss now! to get more great cooking ideas.