

# Chickpea Masala

Yield: 4 min  
Total Time: 45 min

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

## Ingredients:

- 1 tablespoon canola oil
- 1 inch ginger peeled and minced
- green chilli chopped
- chilli powder teaspoons ground kashmiri
- teaspoon cumin powder
- teaspoon coriander powder
- 1 teaspoon ground black pepper
- teaspoon turmeric powder
- teaspoon chilli powder
- 1 tablespoon tomato paste
- medium tomatoes diced small
- onion large, finely diced
- 14 ounces chickpeas drained and rinsed
- 1 cup hot water
- 1 tablespoon chopped fresh cilantro
- teaspoon garam masala powder
- 1 teaspoon salt

## Nutrition:

1. Calories: 160 calories
2. Carbohydrate: 26 grams
3. Fat: 5 grams
4. Fiber: 5 grams
5. Protein: 6 grams
6. Sodium: 950 milligrams
7. Sugar: 1 grams

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