

# Chickpea Curry (Chana Masala)

Yield: 6 min  
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/south-indian-garbanzo-beans-recipe>

## Ingredients:

- 1 tablespoon oil
- 1 onion large, finely diced
- 1 tablespoon garlic grated
- 1 tablespoon ginger grated
- 2 green chilies such as birds eye or chilies de arbol, chopped
- 2 teaspoons cumin toasted and ground
- 2 teaspoons coriander toasted and ground
- 1/2 teaspoon cayenne pepper or to taste
- 1 teaspoon turmeric
- 1 teaspoon amchoor powder, optional
- 2 teaspoons paprika
- 1/2 teaspoon garam masala
- 2 cups tomato diced or 1, 15 ounce can diced tomatoes
- 1/2 cup water
- 38 ounces chickpeas drained and rinsed
- salt to taste
- 1/2 teaspoon garam masala
- 1/2 lemon juiced
- cilantro optional for garnish, chopped

## Nutrition:

1. Calories: 280 calories
2. Carbohydrate: 50 grams
3. Fat: 4.5 grams
4. Fiber: 10 grams
5. Protein: 11 grams
6. Sodium: 680 milligrams

7. Sugar: 3 grams

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