

# Chickpea Masala Curry

Yield: 4 min  
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/india-chickpea-yogurt-recipe>

## Ingredients:

- 2 cans chickpea drained and rinsed
- 1 onion medium, chopped
- 2 tomato large, chopped, about 1 cups worth
- 2 green chilies sliced
- 3 cloves garlic minced or grated
- 1 inch ginger 1 Tbs grated
- 1 teaspoon cumin seeds
- 1 tablespoon curry powder
- 1 teaspoon garam masala
- 1/2 teaspoon cumin powder
- 1 tablespoon cider vinegar to taste -optional
- 1 tablespoon fresh lemon juice to taste
- salt to taste
- red chili flakes to taste
- 1/2 teaspoon ground turmeric
- 1 cup water
- 2 tablespoons yogurt optional

## Nutrition:

1. Calories: 330 calories
2. Carbohydrate: 63 grams
3. Fat: 3.5 grams
4. Fiber: 13 grams
5. Protein: 14 grams
6. Sodium: 870 milligrams
7. Sugar: 5 grams

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