

Chana Masala (Savory Indian Chick Peas)

Yield: 2 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-chick-peas-recipe>

Ingredients:

- 1 onions chopped
- 1 tomatoes chopped
- 1 piece fresh ginger peeled and chopped
- 4 cloves garlic chopped, or more to taste
- 1 chile pepper green, seeded and chopped, optional
- 3 tablespoons olive oil
- 2 bay leaves or more to taste
- 1 teaspoon chili powder
- 1 teaspoon coriander powder
- 1 teaspoon garam masala
- 1/2 teaspoon ground turmeric
- 1 pinch salt to taste
- water as needed
- 15 ounces chickpeas
- 1 teaspoon cilantro leaves fresh, for garnish, or more to taste

Nutrition:

1. Calories: 520 calories
2. Carbohydrate: 63 grams
3. Cholesterol: 5 milligrams
4. Fat: 25 grams
5. Fiber: 12 grams
6. Protein: 15 grams
7. SaturatedFat: 3.5 grams
8. Sodium: 890 milligrams
9. Sugar: 4 grams

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