

Chana Masala

Yield: 2 min
Total Time: 35 min

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

Ingredients:

- 2 tablespoons sunflower oil
- 1 onions
- 1 tablespoon cumin
- 1 teaspoon salt
- 3 cloves garlic
- 1 fresh ginger thumbsized piece of
- 1 handful cilantro
- 1 green chilies
- 1 tablespoon ground coriander
- 1 tablespoon smoked paprika
- 1 tablespoon ground turmeric
- 1 2/3 cups diced tomatoes
- 2 7/16 cups chickpeas
- 2 tablespoons Garam Masala
- 1 tablespoon lemon juice
- 1 1/16 cups rice

Nutrition:

1. Calories: 630 calories
2. Carbohydrate: 103 grams
3. Fat: 19 grams
4. Fiber: 17 grams
5. Protein: 18 grams
6. SaturatedFat: 1.5 grams
7. Sodium: 1810 milligrams
8. Sugar: 10 grams

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