

# Chole Masala | Punjabi Chana Masala

Yield: 4 min

Total Time: 645 min

Recipe from: <https://www.recipeschoose.com/recipes/quick-chole-recipe-indian>

## Ingredients:

- 1 cup chole Chickpeas
- 3 cloves
- 1/2 inch cinnamon stick dalchini
- 1 pinch baking soda eno
- 1 pinch salt
- 1/2 teaspoon masala chole, or garam masala
- 1 tea bag
- 3 cups water
- 4 tomatoes medium sized, finely chopped or coarsely pureed
- 2 onion big sized, finely chopped, or 3 medium sized onions
- 2 tablespoons oil
- 1 tablespoon ghee
- 1 red chilli broken dry, deseeded
- 1/2 teaspoon cumin seeds jeera
- 2 green chillies cut into 2 pieces or finely chopped
- 1 pinch asafoetida hing
- 6 garlic cloves finely chopped or minced
- 1 piece ginger grated
- 1 teaspoon coriander powder dhania powder
- 1 teaspoon jeera cumin powder
- 1/2 teaspoon red chili powder or as required
- 1/2 teaspoon amchur powder/mango powder
- 1 1/2 teaspoons masala chole
- salt
- 1 bunch coriander leaves chopped

## Nutrition:

1. Calories: 340 calories
2. Carbohydrate: 47 grams
3. Fat: 13 grams
4. Fiber: 13 grams
5. Protein: 13 grams
6. SaturatedFat: 1 grams
7. Sodium: 350 milligrams
8. Sugar: 13 grams

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