

Under 30 Minutes Chana Masala and Naan Bread

Yield: 4 min
Total Time: 390 min

Recipe from: <https://www.recipeschoose.com/recipes/yeast-free-indian-naan-bread-recipe>

Ingredients:

- 3 cups all purpose flour maida+ 2 tablespoons more for dusting
- 1 teaspoon salt
- 1 teaspoon baking soda
- 1/2 cup yogurt
- 1 tablespoon oil
- 1 1/2 cups milk to knead the dough
- butter to smear
- 3 coriander leaves chopped
- 1 tablespoon nigella seeds kalonji
- 2 cans chickpea drained and washed
- 2 tablespoons ginger garlic paste
- 1 onion chopped
- 1 can tomatoes chopped
- 2 green chillies
- 4 tablespoons oil
- water as required
- coriander leaves chopped
- 1 black cardamom
- 2 bay leave
- 4 cloves
- 1 cinnamon stick
- 1 teaspoon dried fenugreek leaves
- 1 teaspoon turmeric powder
- 2 teaspoons coriander powder
- 2 teaspoons chilli powder Kashmiri red
- salt to taste
- 1 teaspoon Garam Masala

Nutrition:

1. Calories: 950 calories
2. Carbohydrate: 141 grams
3. Cholesterol: 30 milligrams
4. Fat: 30 grams
5. Fiber: 15 grams
6. Protein: 28 grams
7. SaturatedFat: 7 grams
8. Sodium: 1900 milligrams
9. Sugar: 12 grams

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