

Slow Cooker Chana Masala

Yield: 8 min
Total Time: 370 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-chickpea-crockpot-recipe>

Ingredients:

- 29 ounces chickpeas drained
- 1 medium onion
- 2 tomatoes large
- 2 tablespoons tomato paste you can cheat with 2 tbsp of ketchup
- 2 inches large potatoes cut in a small dice, optional. Chana Masala usually doesn't have potatoes, but I love how wonderfully tender t...
- 4 cloves garlic
- 1 inch ginger piece of, finely chopped
- 2 leaves
- 1/2 teaspoon cumin seeds powdered
- 1 tablespoon coriander seeds powdered
- 1 tablespoon masala chana, powder, can sub with garam masala
- 1/4 teaspoon turmeric
- 1 teaspoon chaat masala
- 1 teaspoon paprika
- 1 teaspoon cayenne adjust to taste
- 1/4 cup chopped coriander for garnish, optional
- salt to taste

Nutrition:

1. Calories: 150 calories
2. Carbohydrate: 29 grams
3. Fat: 1.5 grams
4. Fiber: 6 grams
5. Protein: 6 grams
6. Sodium: 440 milligrams
7. Sugar: 2 grams

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