

Speedy Chana Masala

This Yum & Yummer recipe is a great weeknight dinner. For some extra fiber and protein try serving it over a bed of Emmer (which can be cooked and used like a whole grain rice) or another of your favorite whole grains. You'll want to start cooking the emmer before the masala as this recipe comes together quickly!

To be sure you always have cooked chickpeas on hand pre-soak and cook them in batches and freeze in one cup packages to add to soups, stews or make a batch of hummus or falafels.

Ingredients:

1 tbsp coconut oil
1 ½ cups chopped onions
1 tbsp minced fresh ginger
2 teas minced garlic
1 teas curry
1 teas garam masala
1 teas ground cumin
½ teas each ground coriander and chili powder
1 28 oz can of tomatoes with liquid
2 cups Fieldstone Organics chickpeas, cooked
3 tbsp fresh cilantro
Salt to taste

Directions:

- Heat coconut oil in a medium size pan. Add onions and cook over medium heat until onions soften and begin to caramelize but don't burn them.
- Add gingerroot, garlic, curry, garam masala, cumin, coriander and chili powder. Cook and stir for about 30 seconds.
- Add tomatoes with liquid and stir. Bring mixture to a boil, reduce heat and simmer for 10 minutes
- Add cooked chickpeas and simmer for 5 more minutes. Remove from heat and add cilantro and salt to taste.
- Recipe adapted from Yum & Yummer cookbook