

# Chana Masala



## (Chickpeas in a spicy tomato sauce)

We stretch this recipe with potatoes and spinach (optional)

**2 Tablespoons Ghee or canola oil**

**1 teaspoon whole cumin seeds**

**2 Tablespoons Ginger Paste**

**1 Tablespoon Garlic Paste**

**2 Tablespoons tomato paste**

**1 ½ Tablespoons Dhania Jeera Masala**

**1 Tablespoon of mango powder or fresh lime juice with grated zest**

**1 teaspoon cayenne (or to taste)**

**½ teaspoon ground turmeric**

**(Optional) 2 medium sized potatoes, peeled or not, cut into 1 inch cubes.**

**4 cups cooked or canned chickpeas (give or take)**

**(Optional) 2 cups packed fresh spinach**

**4 Tablespoons finely chopped fresh cilantro leaves and tender stems**

**1 ½ teaspoons coarse kosher or sea salt**

**½ cup finely chopped red onion for garnish (or throw it in for the last 5 minutes)**

1. Heat the ghee in a large saucepan over medium-high heat. Sprinkle in the whole cumin seeds and cook until they sizzle, turn reddish brown, and smell nutty, 5 to 10 seconds. Immediately lower the heat to medium and carefully stir in the ginger and garlic pastes. Stir-fry until the pastes turn light brown, about 2 minutes.

2. Stir in 1 cup water and the tomato paste, Dhania Jeera Masala, mango powder, cayenne, and turmeric. Simmer, partially covered, stirring occasionally, until the water evaporates from the reddish-brown sauce, 5 to 10 minutes.

3. Pour in 2 cups water, the chickpeas, (the potatoes with a ½ cup more water for them), 2 tablespoons of the cilantro, and the salt. Raise the heat to medium-high and cook, uncovered, stirring occasionally, until the sauce thickens, 15 to 18 minutes. (Stir in the spinach). Stir in the remaining cilantro and onions and serve.