

Chana Saag

(Chickpeas with Spinach and Cilantro)

2 Tablespoons Ghee or canola oil

1 teaspoon black or yellow mustard seeds

1 Tablespoon Ginger Paste

2 Tablespoons Fried Onion Paste (mashed or blended caramelized onions)

2 Tablespoons tomato paste or one pureed small fresh tomato

2 teaspoons Sambhar Masala

2 teaspoons coarse kosher or sea salt

2 cups cooked or canned chickpeas (give or take)

2 cups water

1 pound fresh spinach leaves, well rinsed and finely chopped

Handful of fresh Cilantro fresh and tender stems

1. Heat the ghee in a medium-sized saucepan over medium-high heat. Add the mustard seeds, cover the pan, and cook until the seeds have stopped popping (not unlike popcorn), about 30 seconds. Immediately lower the heat to medium and carefully stir in the ginger paste. Stir-fry until the paste turns light brown.

2. Stir in the Fried Onion Paste, tomato paste, Sambhar masala, salt, and chickpeas. Stir to coat the chickpeas well with the sauce. Add 2 cups water and heat to a boil.

3. Add the spinach, several handfuls at a time, stir in each batch in until wilted. When all the spinach has been added, reduce the heat to medium-low and continue to simmer, covered, stirring occasionally, until the sauce has thickened, 8 to 10 minutes. Stir in cilantro, then serve.