

Mom's Traditional Chickpea Masala Curry Recipe: By Yasmin Chauhan

Ingredients:

- ❖ 4 tablespoons of olive oil
- ❖ 1 Yellow Onion
- ❖ 1/2 teaspoon of garlic powder
- ❖ 1/2 teaspoon of ground ginger powder
- ❖ 1/2 green jalapeno
- ❖ 4 stems of cilantro
- ❖ 1/2 teaspoon of garam masala powder
- ❖ 1/2 teaspoon of ground cumin powder
- ❖ 1/2 teaspoon of ground coriander powder
- ❖ 1/2 teaspoon of turmeric powder
- ❖ Dash of red chili pepper
- ❖ 1/2 teaspoon of pink Himalayan salt
- ❖ 3 cans of 15 oz no salt added garbanzo beans
- ❖ 6 to 8 ounces of reduced sodium vegetable broth
- ❖ 1/2 to 3/4 of cup tomato basil spaghetti sauce

Directions:

- Step 1: Heat oven to 350 degrees Fahrenheit
- Step 2: Grab all cans of garbanzo beans, drain water, and now add garbanzo beans into deep rectangular baking dish and set aside
- Step 3: Finely chop up yellow onion, green jalapeño, cilantro, and add to garbanzo beans
- Step 4: Season the mixture with garam masala, coriander powder, cumin powder, garlic powder, ginger powder, turmeric powder, red chili pepper flakes, and pink Himalayan salt,
- Step 5: Stir all ingredients together
- Step 6: Add tomato basil spaghetti sauce, water (as needed), and 4 tablespoons of olive oil into baking dish
- Step 7: Add enough water into the mixture to get a thick curry consistency
- Step 8: Once all ingredient are added bake in the oven for around 20 to 30 minutes
- Step 9: Once dish is out of oven, sprinkle freshly chopped cilantro on top
- Step 10: Serve on a fresh salad, jasmine, or basmati rice



Photo Credit: MasterClass. Quick and Easy Chana Masala Recipe: How to Make Homemade Chana Masala - 2020. MasterClass. <https://www.masterclass.com/articles/how-to-make-chana-masala#what-is-chana-masala>. Published August 1, 2019. Accessed April 22, 2020.