

Chana Masala

Simple and fast tomato-based recipe featuring chickpeas and Indian spices served over basmati rice.

Ingredients

- 1½ cup dry garbanzo beans (chickpeas), soaked overnight (3 cups or 2 cans)
- 2 cups basmati rice
- 2 1/2 cups water (if using Instant Pot)
- 1 onion
- 1 Tbsp minced garlic
- 14 oz can diced tomatoes
- 2 cups vegetable broth
- 1 Tbsp chana masala seasoning
- 1/2 tsp cumin
- 1/2 tsp Kashmiri chili powder
- 1/2 tsp ground coriander
- 1/2 tsp turmeric
- 1/2 tsp paprika
- 2 Tbsp tomato paste
- 1 Tbsp fresh lemon juice
- 1/2 cup fresh cilantro



Instructions

1. Soak the garbanzo beans (chickpeas) in water overnight.
2. Cook on high pressure in Instant Pot or pressure cooker for 10 minutes. Allow to release pressure naturally.
3. Drain and set aside.
4. Place basmati rice in Instant Pot (4 minutes for white rice) or (20 minutes for brown rice) or per package directions.
5. Chop onion and garlic.
6. Sauté onion and garlic in a large skillet over medium heat until translucent.
7. Add tomatoes, spices, and broth.
8. Cook about 10 minutes.
9. Add in tomato paste and stir.
10. Add in lemon juice and half of the chopped cilantro.
11. Serve over warm basmati rice with fresh cilantro sprinkled on top.

Notes

- Kashmiri chile powder is an Indian spice that adds great flavor and heat to this dish.
- I buy an authentic chana masala spice blend on Amazon. It contains Coriander, Dehydrated Unripe Mango, Salt White, Chillie Red, Cumin, Musk Melon, Pomegranate seeds, Dried Ginger, Salt Black, Black Pepper, Fenugreek leaves, Cinnamon, Mint Leaves, Cardamom Amomum, Cloves, Nutmeg, and Cardamom.
- If you don't want to soak and cook the garbanzo beans, just use 2 cans and rinse well.