

Chana Masala

Chana Masala is a very common North Indian dish typically served over basmati rice topped with a yogurt-cucumber sauce. My version might not be authentic, but it is still lip-smackin' good! Sometimes we add two to three chopped red potatoes and spinach to this recipe too. We usually serve it over brown basmati rice with a slew of other Indian dishes.

- 3 tablespoons extra virgin olive oil or coconut oil
- 3 cups minced yellow onion
- 3 jalapeno peppers (or another spicy pepper), seeded
- 1-inch piece of fresh ginger, peeled
- 4 cloves garlic
- 1 tablespoon ground cumin
- 1 tablespoon ground coriander
- 1 teaspoon turmeric
- 1 teaspoon garam masala
- 3 cups fresh tomato puree
- 3 to 4 cups cooked garbanzo beans
- 2 teaspoons Herbamare or to taste
- 1 to 2 tablespoons freshly squeezed lemon or lime juice

Heat an 11-inch deep skillet over medium heat. If you don't own one then use a wide pot instead. Add the oil and minced onions; sauté for about 10 minutes.

While the onions are sautéing place the spicy peppers, ginger, and garlic in a food processor fitted with the "s" blade and process until ingredients are minced. Add mixture to the onions and sauté for a few minutes more. Then add spices.

Next add the tomato puree, cooked garbanzo beans, Herbamare, and lemon or lime juice. If you would like to add diced potatoes then add them now along with about $\frac{1}{2}$ to 1 cup of water. Simmer for 25 to 30 minutes. Taste and adjust seasonings and salt if necessary.

Yield: 4 to 6 Servings

Ingredient Tip:

To make the fresh tomato puree, place $1\frac{1}{2}$ to 2 pounds of fresh tomatoes into a food processor fitted with the "s" blade and process until you get a slightly chunky, but mainly smooth, puree.