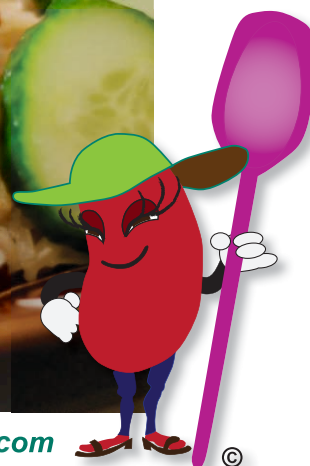


Beans, Rice And Everything Nice

Chana Masala



beansriceeverythingnice.weebly.com

Ingredients

makes 4 - 6 servings

1 teaspoon whole cumin seed
2 teaspoons ground coriander
1/2 teaspoon ground turmeric
1/4 teaspoon ground cayenne pepper
1 Tablespoon chick pea flour
1 small yellow onion, peeled
and coarsely chopped
2 cloves garlic, peeled and
coarsely chopped
1 Tablespoon ginger, peeled
and coarsely minced
1 green serrano chili, cut in half
and seeded
1 14-ounce can diced tomatoes
(salt free if you can find it)
2 cups cooked or 1 can chick peas
1 1/2 cups water
1/2 teaspoon garam masala
cilantro to taste

1. Put the onion, garlic, ginger and chili in a blender. Pulse a couple of times then add the can of tomatoes. Blend until smooth.
2. Preheat a large heavy-bottomed pot over medium heat. Add the whole cumin seeds and briefly dry toast them, until aromatic and slightly browned. Add the other dry spices and chickpea flour, and stir, breaking up any lumps. Do this briefly so that the spices don't burn.
3. Pour in the the pureed onion, garlic, ginger, chili and tomato mixture. Stir to combine. Turn the heat down to medium-low and let simmer, covered, for 5 minutes, stirring occasionally.
4. After 5 minutes, remove the lid, add the chick peas and water. Stir to combine. Bring to a boil over medium heat, partially cover the pot, reduce the heat, and simmer, stirring occasionally, for 10 - 15 minutes, until the gravy is the desired thickness.
5. When ready, stir in the garam masala and cilantro. Turn off the heat, cover the pot, and let sit a minute or two before serving.