

Chana Masala

Serves 2 (double if necessary):

1 Tbsp coriander

1 tsp ground tumeric

¼ tsp cayenne powder

½ tsp garam masala

1 tsp smoked paprika

½ tsp salt

½ teaspoon ghee

(or butter w/ a splash of oil)

1 tsp cumin seeds

1 small onion

3 cloves garlic

1 tsp grated ginger

½ jalapeno pepper

1 cup pureed canned tomato

2 ½ cups cooked chickpeas

Price at Co-o

with Double SNAP

\$0.09

\$0.07

\$0.01

\$0.04

\$0.04

\$0.04

\$0.07

(\$8.45 for 7.5oz container of ghee)

\$0.05

\$0.76

-\$0.38

\$0.27 (whole head)

-\$0.14

\$0.33

-\$0.17

\$0.38

-\$0.19

1.50/can

3.90

\$7.55(3.77/serving)

\$6.67 (3.35)

Directions:

Combine the coriander, turmeric, cayenne, garam masala, smoked paprika, and salt in a small bowl.

Heat ghee (or other fat) in small sauce pan over medium low heat. Once it begins to sizzle, add the cumin seeds and stir for about 5 seconds until you can smell them.

Add onion and saute until soft then add garlic and cook for a few more minutes.

Add ginger and jalapeno, stir for one more minute and then pour the spice mixture into the pan. Pour the purred tomatoes into the pan, cover and let cook for 5 to 10 minutes.

Once the tomato had reduced and the fat starts to separate from the sauce, add chickpeas and half a cup of water. Stir, bring to a boil, and then decrease the heat and simmer for 10 minutes. Squish a few chickpeas with the back of a spoon to thicken the sauce.

Garnish with cilantro or yogurt.

