



Chana Choley (Garbanzo beans Curry)

(2-4 servings)

- One 14 oz can of Garbanzo beans rinsed and drained
- 2 Tablespoons **Seven Happy Seeds Chana Masala**
- 1 medium **Brown or White Onion** finely chopped
- 2 medium **Tomatoes** finely chopped
- ½ Teaspoon **Green Chili** paste (optional)
- 2 Tablespoons chopped **Cilantro**
- 1 Teaspoon **dark sugar**
- 1 Tablespoons plus 1 tablespoon oil, divided
- ½ cup water (more if thinner consistency is desired)
- **Salt** to taste

Shopping List:

- Canned Garbanzo beans
- Onions
- Tomatoes
- Cilantro
- Oil

1. Heat 1 tablespoon oil in a medium cooking pan. Add onions, tomatoes, and green chili paste and **Chana Masala spice**. Sauté until onions and tomatoes are cooked completely and spices are aromatic. Let cool to room temperature.
2. Place sautéed ingredients in a blender and puree into a thick paste.
3. Heat remaining 2 tablespoons oil in a cooking pan. Add the puree and cook until most liquid is evaporated and oil is released.

Note: cooked puree may be frozen for up to two weeks

4. Add garbanzo beans, salt, sugar and water and simmer for 10-12 minutes.
5. Garnish with chopped cilantro and enjoy with Naan bread or Basmati rice pilaf.

Other recipe suggestions:

- **Marinate** diced chicken with chana masala spice and cook with Garbanzo beans, or
- **Sprinkle** spice on a salad with canned precooked garbanzo beans, finely diced red onions, tomatoes, chopped cilantro, and lemon juice.