

Chana masala recipe



CHANA MASALA RECIPE | HOW TO MAKE CHANA MASALA IN RESTAURANT STYLE



Simple chana masala recipe made in restaurant style. Chana masala is a popular Indian side dish made with chickpeas in an onion tomato gravy. It goes great as a side with rice, paratha or roti.

Prep Time
10 minutes

Cook Time
40 minutes

Total Time
50 minutes

Servings
3 to 4

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INGREDIENTS (1 CUP = 240ML)

Ingredients for chana masala

- $\frac{3}{4}$ cup chana or chickpeas raw (or $2\frac{1}{4}$ cups soaked or canned)
- $1\frac{1}{2}$ cups water
- 1 Pinch soda – (baking soda or cooking soda) skip if using canned

For frying & blending

- 1 tbsp oil or as needed
- $1\frac{1}{2}$ cup onions (thinly sliced, about 2 to 3 medium)
- $\frac{3}{4}$ to 1 tbsp **GINGER GARLIC PASTE**
- $1\frac{1}{4}$ to $1\frac{1}{2}$ cup tomatoes (chopped, 2 medium)
- $\frac{1}{2}$ to $\frac{3}{4}$ tbsp red chili powder (adjust as desired)
- $\frac{1}{4}$ tsp turmeric or haldi
- Salt as needed

For chana masala gravy

- 2 tbsp oil or as needed
- 1 small bay leaf or tej patta
- 1 inch cinnamon or dalchini
- 2 to 3 cloves or laung (optional)
- 2 to 3 green cardamoms or elaichi (optional)
- $\frac{1}{2}$ cup onions (fine chopped) (optional)
- 1 green chili slit
- 1 to $1\frac{1}{2}$ tsp **GARAM MASALA** (I used punjabi garam masala)
- $1\frac{1}{2}$ tsp coriander powder or daniya powder
- 1 tsp kasuri methi (or dried fenugreek leaves)
- 2 pinch amchur (or dried mango powder or 1 to 2 tbsp lemon juice) optional
- $\frac{1}{4}$ cup coriander leaves or cilantro chopped finely

<https://www.indianhealthyrecipes.com/chana-masala-recipe-chole-masala-step-by-step-pics/>

Chana masala recipe

INSTRUCTIONS

Preparation for chana masala (skip if using canned)

1. Wash chickpeas thoroughly and soak for 6 to 8 hours.
2. Add them to a pot or pressure cooker. Pour 1½ cups water and add a pinch of soda. You can also cook them in a pot adding more water as needed.
3. Cook until soft for 2 to 3 whistles. When you bite the chana it must be soft and should not feel a bite.

Frying & blending

1. While the chana cooks, saute onions until golden in 1 tbsp oil.
2. Saute ginger garlic paste as well to remove the raw smell.
3. Fry chopped tomatoes with salt. Make sure tomatoes turn soft and the raw smell goes away.
4. Saute again along with chili powder and turmeric till the raw smell goes off.
5. Blend once cooled to a smooth paste. optional – You can also add 1 tbsp cooked chana to the mixture and blend until smooth with out water. This makes the gravy thick and delicious.

How to make chana masala recipe

1. Saute cinnamon, cloves, bay leaf and cardamom in 2 tbsp oil.
2. optional – Add chopped onions and chilli. Fry until golden.
3. Next transfer the blended paste. Stir well. Add garam masala powder, coriander powder and saute until the mixture leaves the sides of the pan.
4. Add the cooked chickpeas and then the stock (chana cooked water) as needed. You may need to use up all. If needed pour little more water to bring it to a consistency.
5. Bring it to a boil. Simmer for about 5 minutes or until it reaches the desired consistency. Taste the gravy and add more garam

NUTRITION

Calories: 344kcal | Carbohydrates: 47g | Protein: 14g | Fat: 11g | Saturated Fat: 1g | Sodium: 72mg | Potassium: 712mg | Fiber: 13g | Sugar: 8g | Vitamin A: 3.7% | Vitamin C: 7.3% | Calcium: 9.1% | Iron: 27.9%

NOTES

Recipe notes for chana masala recipe *update: The quantity of ingredients have been updated to make more gravy. Do not use more baking or cooking soda than mentioned in the recipe card as it leaves a aftertaste. For best results make the recipe from scratch and avoid canned chickpeas.



[Perfect Chana Masala Recipe Restaurant Style](#)

Chana Masala

Servings 6

Course Entrée

Cuisine Gluten-Free, Indian-Inspired, Vegan

Freezer Friendly 1 month

Does it keep? 4 Days

PREP TIME 5minutes minutes **COOK TIME** 25minutes minutes **TOTAL TIME** 30minutes minutes

Ingredients

- 3 Tbsp grapeseed, coconut, or avocado oil(or other neutral oil)
- 1 medium white or yellow onion, finely diced
- 1 Tbsp ground cumin
- 3/4 tsp sea salt (divided // plus more to taste)
- 6 cloves garlic, minced (6 cloves yield ~3 Tbsp)
- 2 Tbsp fresh ginger, minced
- 1/2 cup fresh cilantro, chopped
- 2-3 fresh green chilies*, sliced with seeds (I used serrano peppers // reduce amount if you prefer less heat)
- 1 Tbsp ground coriander
- 1 tsp [chili powder](#)
- 1 tsp ground turmeric
- 1 (28-ounce) can puréed*, crushed, or finely diced tomatoes (if unsalted, you'll add more salt to the dish)
- 2 (15-ounce) cans chickpeas, slightly drained
- 1 tsp garam masala* (see instructions for DIY blend)
- 2-3 tsp [coconut sugar](#) (or other sweetener of choice)
- 2 Tbsp lemon juice (plus more to taste // **optional**)



Instructions

1. Heat a large pot over medium heat. Once hot, add oil, onion, cumin, and one-third of the salt (1/4 tsp as original recipe is written // adjust if altering batch size).
2. Add garlic, ginger, cilantro, and green chilies to a mortar and pestle and grind into a rough paste (or use a small food processor to pulse into a paste. Alternatively, just finely mince.) Then, add to the pan with the onions.
3. Next add ground coriander, chili powder, and turmeric and stir to coat. Add a little more oil at this point if the pan is looking dry.
4. Next add pureed tomatoes and chickpeas and remaining salt (1/2 tsp as original recipe is written). If the mixture looks a little too thick, add up to 1 cup (240 ml) water (I added ~1/2 cup (120 ml) // amount as original recipe is written // adjust if altering batch size). You're looking for a semi-thick soup consistency at this point, as it will cook down into more of a stew.
5. Increase heat to medium high until it reaches a rolling simmer, then reduce heat to low or medium-low and maintain a simmer (uncovered) for 15-20 minutes, or until thick and stew-like. Stir occasionally.
6. In the meantime, if you don't have garam masala seasoning, make your own by adding (amounts as original recipe is written // adjust if altering batch size) 2 small dried red chilies, 1 tsp black peppercorns (or 1/2 tsp ground black pepper), 1 tsp cumin seeds (or 1/2 tsp ground cumin), 1 tsp cardamom pods (or 1/2 tsp ground cardamom), 1/2 tsp cloves (or 1/4 tsp ground cloves), and 1/8 tsp nutmeg to a mortar and pestle or spice grinder and grind/mix into a powder. Set aside.
7. When the chana masala is thickened and bubbly, taste and adjust seasonings as needed, adding more salt for saltiness, chili powder for heat, or a bit of coconut sugar for sweetness and to offset the heat of the chilies.
8. Remove from heat and add lemon juice and garam masala. Stir to mix, then let cool slightly before serving. Fresh cilantro and lemon juice make an excellent garnish. Chana masala can be enjoyed as a stew on its own, or it can be delicious with white or brown rice (see my favorite method [here](#)), or [cauliflower rice](#). Lastly, my favorite is over roasted sweet potatoes and broccoli (see notes for instructions).
9. Leftovers will keep covered in the refrigerator up to 4 days, or in the freezer up to 1 month.

Chickpea Curry

30 minute, 1-pot chana masala with green chili, cilantro, and garam masala. Easy to make, extremely flavorful, and satisfying. A healthy, plant-based meal.

Ingredients

- 3 Tbsp grapeseed, coconut, or avocado oil(or other neutral oil)
- 1 medium white or yellow onion, finely diced
- 1 Tbsp ground cumin (1 tsp cumin seeds)
- 3/4 tsp sea salt (divided // plus more to taste)
- 6 cloves garlic, minced (6 cloves yield ~3 Tbsp)
- 2 Tbsp fresh ginger, minced
- 1/2 cup fresh cilantro, chopped
- 2-3 fresh green chilies*, sliced with seeds (I used serrano peppers // reduce amount if you prefer less heat)
- 1 Tbsp ground coriander (2 tsp coriander seeds)
- 1 tsp [chili powder](#)
- 1 tsp curry powder
- 1 tsp ground turmeric
- 1/2 tsp ground nutmeg
- 1/2 tsp ground cinnamon
- 1 (28-ounce) can puréed*, crushed, or finely diced tomatoes (if unsalted, you'll add more salt to the dish)
- 2 (15-ounce) cans chickpeas, slightly drained
- 1 tsp garam masala* (see instructions for DIY blend)
- 2-3 tsp [coconut sugar](#) (or other sweetener of choice)
- 2 Tbsp lemon juice (plus more to taste // **optional**)



Instructions

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3. Next add ground coriander, chili powder, and turmeric and stir to coat. Add a little more oil at this point if the pan is looking dry.
4. Next add pureed tomatoes and chickpeas and remaining salt (1/2 tsp as original recipe is written). If the mixture looks a little too thick, add up to 1 cup (240 ml) water (I added ~1/2 cup (120 ml) // amount as original recipe is written // adjust if altering batch size). You're looking for a semi-thick soup consistency at this point, as it will cook down into more of a stew.
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7. When the chana masala is thickened and bubbly, taste and adjust seasonings as needed, adding more salt for saltiness, chili powder for heat, or a bit of coconut sugar for sweetness and to offset the heat of the chilies.
8. Remove from heat and add lemon juice and garam masala. Stir to mix, then let cool slightly before serving. Fresh cilantro and lemon juice make an excellent garnish. Chana masala can be enjoyed as a stew on its own, or it can be delicious with white or brown rice (see my favorite method [here](#)), or [cauliflower rice](#). Lastly, my favorite is over roasted sweet potatoes and broccoli (see notes for instructions).
9. Leftovers will keep covered in the refrigerator up to 4 days, or in the freezer up to 1 month.

