



# Chana Masala

NIBBLEDISH CONTRIBUTOR

## Ingredients

Serves 4

1 tbsp olive oil  
1 tsp tumeric  
1 small red onion, diced  
2 medium sweet potatoes-cut into bite size pieces without skin  
4 tbsp tomato paste  
1 tsp garam masala  
½ tsp ground coriander  
½ tsp ground cumin  
½-1 chipotles in adobo with small amount of sauce (optional), chopped  
1 15 ounce can chickpeas (garbanzo beans)  
1-1 ½ cups broth (added throughout in several batches)  
½ cup peas (optional)  
½ cup plain yogurt  
cilantro (optional)  
3 cups steamed rice (or egg noodles)

## Instructions

If serving with rice or noodles, make as directed and I recommend rice with this dish.

In a large skillet, heat oil on medium and add tumeric. Cook onion and sweet potatoes about 5 minutes. Then, add tomato paste, garam masala, ground coriander, cumin, chipotles in adobo and ½ cup of broth-cook about 7 minutes more. Add chickpeas and peas, plus another 1/2 cup of broth (should like more like a thick sauce at this point). Reduce heat slightly and simmer for 10 minutes or until peas are cooked completely

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(more broth may be needed). Remove from heat. Mix in yogurt and serve with rice (or noodles) and top with cilantro.