



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

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