

Chana Masala

Ingredients

- 2 Tbsp cooking oil, divided
- 1 bay leaf
- 1" cinnamon
- 2 cloves
- 2 green cardamoms
- 1 onion, thinly sliced
- 2 tsp crushed garlic
- 2 tsp crushed ginger
- salt to taste
- 1 cup canned diced tomatoes
- 1 tsp red chili powder or paprika
- pinch turmeric
- 1 tsp garam masala
- 1 tsp ground coriander
- 1 ~15-oz can chickpeas
- 1/2 tsp dried fenugreek leaves (optional)
- pinch [amchur](#)(optional)

Directions

Heat 1 Tbsp oil over in a saute pan over medium heat. Add the bay leaf, cinnamon, cloves and cardamon and saute until fragrant, 30 to 60 second. Remove spices from the pan and set aside.

Add 1 Tbsp oil to the saute pan and turn heat back to medium. Add sliced onions and saute until golden. Add garlic and ginger and saute for 1 minute. Season with salt. Add diced tomatoes and saute for about five minutes, stirring occasionally. Add red chili/paprika and turmeric. Cook for another five minutes. Add the reserved spices, the garam masala and ground coriander and mix well. Continue sauteing until the mixture leaves the sides of the pan. Add the canned chickpeas, including the water in the can. Bring to a boil, then lower the heat and simmer around 5 minutes. Taste, and adjust garam masala and salt as needed. Continue simmering for 2 to 3 more minutes. Add the optional fenugreek leaves and amchur, if using. Serve.

<http://www.marga.org/food/int/india/chana.html>