



### **Chickpea Curry (Chana Masala) Dish #1**

*The secret to that captivating sauce is the baking soda*

- 2 to 3 Tablespoons avocado oil
- 2 teaspoons cumin seeds
- 2 teaspoons coriander powder, divided
- 1-1/2 teaspoons baking soda, divided
- 4 (16 oz.) cans Chickpeas or Garbanzo beans, drained
- 2 teaspoons cumin powder
- 1 teaspoon Garam Masala
- 1/2 teaspoon black pepper
- 1 teaspoon Chana Chickpea Masala
- Water as needed to cover the chickpeas
- 1/2 teaspoon fennel seeds
- 1/2 to 1 teaspoon paprika
- 1 teaspoon garlic powder
- 1 teaspoon salt or as desired
- 1 (8 ounces) can tomato sauce
- 1/4 to 1/2 cup water

**Garnish:** chopped cilantro as desired

**Serve with** naan bread for a complete meal

In a large pot or skillet, heat oil on medium heat, add brown cumin seeds and 1 tsp. coriander powder until fragrant; add 1 teaspoon baking soda. Stir in the drained chickpeas to coat.

Add remaining coriander, cumin powder, Garam Masala, black pepper, remaining ½ teaspoon baking soda, Chana Masala, and enough water to cover the chickpeas. Add fennel seeds, bring to a boil; reduce heat to simmer. Cook about 5 minutes; stir and taste.

Add paprika, garlic powder, salt, tomato sauce and water. Cook the chickpeas until tender and heated through and the consistency you prefer, about 5 minutes. Sangita says to “taste the flavor of the pot.”

**To Serve:** Spoon into a medium sized bowl; sprinkle with chopped cilantro. Serves: about 4

**GGNote:** Sangita’s use of baking soda softens chickpeas for a creamer texture and is especially useful if using fresh chickpeas. Use a smaller amount for soft canned chickpeas. Also, rinsing the canned chickpeas reduces the amount of sodium.

**Recipe from:** Sangita Handa – Indian Home Cook

**Sangita’s recipe** used 1-1/2 teaspoons of baking soda for the 4 (15 oz.) cans of chickpeas

**About the Recipe:** This is a family recipe for mildly spiced chickpeas, filled with warm Indian spices. If you love hot food, add a touch of green chilies to the recipe. She served this sprinkled with chopped cilantro and toasted warm naan bread.