

Chana Masala

If you love Indian food this oil free and vegan chana masala is for you! Packed with flavor and healthy ingredients we love having this over rice with a side of steamed kale.

Prep:
10 minutes

Cook:
20 minutes

Ready In:
30 minutes

Servings:
6



Ingredients

- 1 yellow onion, minced
- 1 tbsp ginger root, minced
- 1 tsp garam masala
- 1 tsp salt
- 1 tsp cumin
- 1 tsp curry powder
- 3 tbsp tomato paste
- 2 15oz cans fire roasted diced tomatoes
- 1 can of chickpeas, rinsed and drained
- 2-3 cups cauliflower
- 1 large sweet potato (about 300g), chopped
- 1/2 lb yellow or red potatoes, chopped
- 1 cup full fat coconut milk (optional)
- 2 cups of water

Instructions

- 1** In a saucepan over medium heat add in 1-2 tbsp of water your onion, and ginger and sauce until fragrant (about 5 minutes). Add in your the rest of your ingredients and bring to a low boil. Reduce heat to a simmer, cover and cook 20 minutes. Add salt and seasonings to taste. Serve over rice.
- 2** ***If you are using coconut milk you may only need 1 cup of water instead of 2. If you are making the low fat version use the 2 cups of water.