

# Chana Masala

HEALTHY, DELICIOUS, MEAT-FREE RECIPE FOR K-12 GUIDELINES



Chana masala is a popular dish in Indian and Pakistani cuisine. The main ingredient is chickpeas. You can vary its spice level depending on student preference.

## Process # 2 – Same Day Service

### YIELD:

50 Servings

100 Servings

Ingredients	Weight	Measure	Weight	Measure
Pureed tomatoes and sauce, canned (1/2 c veg)		1 gallon		2 gallons
Garbanzo beans, drained	10 lbs. 6 oz.	1 ½ gallons + 1 cup	20 lbs. 12 oz.	3 gallons + 1 pint
Olive or vegetable oil		1 cup		1 pint
Onion, diced	3 lbs.		6 lbs.	
Oumin, ground		½ cup + 1 tsp.		1 cup + 2 tsp.
Salt		¼ cup + ½ tsp.		½ cup + 1 tsp.
Garlic powder		½ cup + 1 tsp.		1 cup + 2 tsp.
Ginger, ground		½ cup + 1 tsp.		1 cup + 2 tsp.
Chili powder		¼ cup		½ cup
Clantro, dried		1 cup		1 pint
Turmeric, dried		2 Tbsp.		¼ cup
Garam Masala (spice blend)		¼ cup		½ cup
Sugar, granulated		¾ cup		1-½ cups
Lemon Juice		¾ cup		1-½ cups
Rice Preparation				
Brown rice, dried	6 lbs. 4 oz.		12 lbs. 8 oz.	
Water		½ gallon		1 gallon

*HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.*

## Preparation

### Rice

Prepare rice by combining with water and cooking. Fluff. Place in warmer until service.

\* Recommended cooking method: Steam covered for approximately 15 minutes.

Alternative cooking methods:

a. Boil water and pour over rice. Bake covered rice in the oven at 350°F for approximately 30 minutes.

b. Heat to a rolling boil. Cook until water is absorbed, about 30-40 minutes. Stir once. Cover and cook an additional 10 minutes over low heat.

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## Chana Masala

1. Heat oil in a large pan on a stove top or in a tilt skillet. Add onions and heat until translucent, approximately five minutes.
2. Add remaining ingredients, except for garam masala and lemon juice. Stir and heat to a boil.
3. Turn down heat and simmer for approximately 20 minutes.
4. Add garam masala and lemon juice.

*HACCP Critical Control Point: Heat to a temperature of 140°F for 15 seconds.*

*HACCP Critical Control Point: Hold at internal temperature of 135°F or above.*

*HACCP Critical Control Point: Reheat leftover produce to 165°F or higher; reheat product only once.*

## Serving Information

Serve ½ cup Chana Masala over 1 cup brown rice.

Each serving provides 2 meat/meat alternates, 2 ounce equivalent grains, and ½ cup red/orange vegetable.

## Nutrition Information

\*From USDA Nutrient Database

Calories: 463 Total Fat: 9g Saturated Fat: 1g Carbohydrate: 83g (13g fiber) Protein: 15g Sodium: 780mg