



# MPS CHANA MASALA

SERVINGS: 96 CALORIES: 90.062 KCAL

This popular Indian dish is the perfect combination of garbanzo beans, tomatoes and warm spices. Served over rice, or with a side of flat bread, this is a healthy, flavorful combination!

## INGREDIENTS

- 1 cup Oil, Canola
- 2 pounds 8 ounces Onion, Yellow, diced
- ½ ounce Turmeric, dry
- ¾ ounce Coriander, ground
- ½ ounce Cumin, ground
- ¼ ounce Cayenne Pepper
- ⅛ cup Ginger, ground
- ⅛ cup 1 tablespoon Garlic, granulated
- 1 #10 can Tomatoes, Diced Petite
- 1 quart Tomatoes, Crushed
- 3 #10 cans Beans, Garbanzo
- ¼ cup Salt, Kosher
- 2 quart 1 pint water
- ¾ ounce Spice, Garam Masala

## RECIPE NOTES

**Crediting:** 1/2 Veg

## NUTRITION FACTS PER SERVING (0.5CUP)

Calories: 90.062 kcal | Fat: 3.337 g | Saturated fat: 0.178 g | Sodium: 447.539 mg | Carbohydrates: 12.594 g | Sugar: 2.027 g | Protein: 3.335 g | Vitamin A: 212.009 % | Vitamin C: 5.294 % | Calcium: 34.854 % | Iron: 1.313 %

*This recipe has not been tested or standardized by Healthy School Recipes. The outcome, allergen information, and nutrient data may vary depending on the specific ingredients and equipment used in your location.*

## INSTRUCTIONS

1. Heat oil in a skillet.
2. Simmer the cumin seeds until you begin to smell cumin.
3. Add the onions and simmer until translucent, do not caramelize.
4. Add all of the spices, stir and simmer for another 5 minutes.
5. Add the diced and crushed tomatoes, stir and deglaze the pan.
6. Drain the garbanzo beans.
7. Add the beans and salt to the tomato mixture, stir and continue to cook.
8. Add the water and continue to simmer for another 20 minutes.
9. After the tomato sauce has thickened add the garam masala, stir and simmer for an additional 10 minutes.
10. Serving Instructions: Serve with a ½ cup spoodle.½