



Chana Masala

Ingredients

- 1 onion, chopped
- 1 tomato, chopped
- 1 (1-inch) piece fresh ginger, peeled and chopped
- 4 cloves garlic, chopped (or more to taste)
- 1 green chili pepper, seeded and chopped (optional)
- 3 tablespoons olive oil
- 2 fresh bay leaves
- 1 teaspoon chili powder
- 1 teaspoon ground coriander
- 1 teaspoon garam masala
- $\frac{1}{2}$ teaspoon ground turmeric
- Salt, to taste
- Water, as needed
- 1 (15-ounce) can chickpeas, drained and rinsed
- 1 teaspoon chopped fresh cilantro (or more for garnish)

Instructions

1. Make the paste:

In a food processor or blender, combine the onion, tomato, ginger, garlic, and green chili (if using). Blend into a smooth paste.

2. Cook the base:

Heat the olive oil in a large skillet over medium heat. Add the bay leaves and fry until fragrant, about 30 seconds. Stir in the paste and cook, stirring occasionally, until the mixture is golden brown and the oil begins to separate, about 2–3 minutes.

3. Spice it up:

Add the chili powder, coriander, garam masala, turmeric, and salt. Cook for another 2–3 minutes, stirring often to bloom the spices.

4. Simmer the curry:

Add just enough water to make a thick, saucy consistency. Bring to a gentle boil, then stir in the chickpeas. Reduce the heat and simmer for 5–7 minutes, until the chickpeas are heated through and infused with flavor.

5. Garnish and serve:

Sprinkle with fresh cilantro before serving. Enjoy over steamed basmati or jasmine rice.