

Chana Masala (Garbanzo beans Curry)

(2-4 servings)

- One 14 oz can of Garbanzo beans rinsed and drained
 - 2 Tablespoons **Seven Happy Seeds Chana Masala**
 - 1 medium Red Onion finely chopped
 - 2 medium Tomatoes finely chopped
 - ½ Teaspoon Ginger root paste
 - ½ Teaspoon Garlic paste
 - ½ Teaspoon Green Chili paste (optional)
 - 2 Tablespoons chopped Cilantro
 - 1 Teaspoon dark sugar
 - 1 Tablespoons plus 1 tablespoon oil, divided
 - ½ cup water
 - Salt to taste
1. Heat 1 tablespoon oil in a medium cooking pan. Add onions, tomatoes, ginger, garlic and green chili pastes and **Chana Masala spice**. Sauté until onions and tomatoes are cooked down. Let cool to room temperature.
 2. Place sautéed ingredients in a blender and puree into a thick paste.
 3. Heat remaining 2 tablespoons oil in a cooking pan. Add the puree and cook until most liquid is evaporated and a thick sauce forms
Note: puree may be frozen for up to two weeks
 4. Add garbanzo beans, salt, sugar and water and simmer for 10-12 minutes. Add more water if a thinner consistency is desired.
 5. Garnish with chopped cilantro and enjoy with Naan bread or Basmati rice pilaf.

