

Chana Masala



SIZE

For 4

PREPARATION

15 min

DIFFICULTY

Level 1



DESCRIPTION

Simple veg or vegan dinner on the table in 15 minutes? Six ingredients? Comfort-food-y enough for the kids but elegant enough for your friends? Voila. We present not just chana masala, a pantry-friendly riff on an Indian classic.

Ingredients

- 2 T** butter or coconut oil, divided
- 1 T** grated ginger
- 2 tsps** garam masala, or curry powder blend
- 2 cans** chickpeas, drained
- 1 jar** not just pasta sauce
- 1/2 C** chopped fresh cilantro or mint

cooked rice or naan to serve

Process

1

In a large non-stick skillet over medium-high heat, heat 1 tablespoon of the butter or ghee, and sauté ginger and garam masala or curry powder for about 30 seconds, until fragrant.

2

Stir in chickpeas and not just pasta sauce. Reduce to medium-low and simmer for 10 minutes for flavors to meld. Pull off heat and stir in cilantro or mint.

3

Stir in last tablespoon of butter, season to taste with salt and pepper, and serve over rice or with naan.