

Channa Masala (Garbanzo Beans Masala)

Country: India

Bhanu Somasundaram's simple recipe for channa masala (*aka* chole)



Ingredients:

- 2 cups garbanzo beans (uncooked)
- 3 tablespoons vegetable oil
- 1/2 teaspoon paprika (dry-red-chili powder) / curry powder
- 1/4 teaspoon turmeric powder (for yellow color)
- 1 teaspoon salt
- 1/2 teaspoon garam masala
- 1 medium-size onion washed and chopped fine
- 1 medium-size tomato washed and chopped fine
- ½ cup fresh Cilantro washed and chopped fine

Procedure:

Soak garbanzo beans in water and let it stand overnight. Boil 4 cups water and cook the beans till done. Drain the water. Allow the beans to cool. Blend 1 cup of beans to a semi-smooth paste and keep aside. Heat oil in a pan (medium heat) and fry the onions. Add the spices and fry for a minute. Add the tomatoes and fry for 2 minutes. Add the remaining beans and mix well. Add 2 cups water, cover and cook till everything blends and gives good aroma. Finally add the (beans) paste made before and mix well. This will give a gravy texture to the dish. Turn off the stove. Mix the freshly chopped cilantro. This dish can be eaten with Indian bread or toasted bread slices.

Bhanu Somasundaram | Tallahassee, FL, USA | March 2013