

Chana Masala



FOODSERVICE

SERVING SIZE: 4



Ingredients

- 1 fluid ounce Water
- 1/2 cup Onion, Finely Diced
- 1 teaspoon Minced Garlic
- 1 1/3 tablespoons Jalapeno, Finely Diced
- 2 each Red Bliss Potato, Diced
- 1/3 teaspoon Coriander
- 1/3 teaspoon Dry Ginger
- 1/3 teaspoon Dry Mustard
- 1 teaspoon Chili Powder
- 1 teaspoon Salt
- 1 teaspoon Cumin
- 1 tablespoon Curry Powder
- 1/3 teaspoon Garlic, Granulated
- 1/6 teaspoon Basil, Dry
- 1/6 teaspoon Dry Oregano
- 1/6 teaspoon Paprika
- 1 3/8 cups **Furmano's Chick Peas**, Drained
- 1 3/8 cups **Furmano's Petite Diced Tomatoes**, Drained
- 5 fluid ounces Vegetable Broth

In This Recipe



Chick Peas (Garbanzo Beans) - 15.5 oz.



Organic Chick Peas (Garbanzo Beans)



Extra Fancy Chick Peas (Garbanzo Beans)



Petite Diced Tomatoes In Juice

Preparation

1. Place a medium sized pot over medium heat. Add Olive Oil.
2. Add Onion, Garlic, Jalapeno, and Red Potatoes.
3. Pre mix Corriander, Ginger, Dry Mustard, Chili Powder, Salt, Cumin, Curry Powder, Granulated Garlic, Basil, Oregano, and Paprika. When onions become translucent, add spice mixture to pot and saute' for 5 minutes.
4. Add Chick Peas, Diced Tomatoes, and Vegetable Broth. Allow to simmer until potatoes are tender crisp. Slightly smash particulent together to thicken. Serve with brown rice and pita chips.
5. Top with a dollop of Vegan Aioli.