

## **TRUPTI SPICY CHICKPEAS – CHANA MASALA RECIPE**

### **INGREDIENTS**

1 cup long-grain white rice  
2 tablespoons vegetable oil, such as safflower  
1 medium onion, minced  
2 garlic cloves, finely chopped  
Coarse salt and ground pepper  
1 tablespoon Trupti Garam Masala plus more for garnish  
1 teaspoon ground ginger fresh or ½ teaspoon Trupti dry ginger  
3 cups homemade or best-quality store-bought tomato sauce  
2 cans (15 ounces each) chickpeas, rinsed and drained  
1 tablespoon fresh lime juice, plus lime wedges for garnish  
1/2 cup plain low-fat yogurt

### **METHOD**

Cook rice according to package instructions; cover, and keep warm.

While rice is cooking, heat the oil over medium heat in a large skillet. Add onion and garlic; season with salt and pepper. Cook, stirring frequently, until onion is tender, 4 to 6 minutes. Add curry powder and ginger; cook, stirring, until fragrant, about 1 minute.

Add tomato sauce, chickpeas, and 1 1/2 cups water. Bring to a boil; reduce to a simmer, and cook, stirring occasionally, until thickened, 8 to 10 minutes. Stir in lime juice; season with salt and pepper. Serve stew with rice and yogurt, garnished with lime wedges and a pinch of curry.