

Smoky Tomato Chana Masala

TOTAL TIME
70 min

SERVING / SIZE
9 oz / 255 g

SERVINGS
24



Chickpeas simmered in a bold blend of onion, garlic, ginger, and warm spices, enriched with plum tomatoes and smoky Tomato Roasted Pepper Bisque. Balanced with fresh cilantro and lemon juice, finished with a cooling yogurt drizzle, and served with warm naan.

MADE WITH



Verve® Tomato Roasted Red Pepper Bisque
CASE CODE 23413

Ingredients

90 mL	Vegetable Oil
800 g	6 Onions, diced
85 g	Garlic, minced
30 g	Ginger Root, fresh, minced
8 g	Ground Cumin
36 g	Curry powder
27 g	Garam Masala
9.4 g	Turmeric, ground
1 can (1.84 L)	No-Salt-Added Chickpeas, drained and rinsed
680 g	Plum Tomatoes, diced
1 pouch (1.81 kg)	Verve® Tomato Roasted Red Pepper Bisque
9 g	Black pepper, ground
32 g	Cilantro, finely chopped
125 mL	Lemon Juice
<i>Serving:</i>	
750 mL	2% Greek yogurt
24 each	Mini naan bread, warmed (1 oz)

Directions

- 1 In large high-sided skillet or saucepan set over medium heat, add oil. Add onions, garlic and ginger; cook, stirring occasionally, for 8 to 10 minutes or until starting to soften.
- 2 Stir in cumin, curry powder, garam masala and turmeric. Cook, stirring frequently, for 1 to 2 minutes or until fragrant. Stir in chickpeas and tomatoes. Cook, stirring occasionally, for 3 to 5 minutes or until well coated.
- 3 Stir in Tomato Roasted Red Pepper Bisque; bring to a boil. Reduce heat to medium-low. Cook, stirring occasionally, for 20 to 25 minutes or until sauce is thickened and flavours are married. Season with pepper.
- 4 Stir in cilantro and lemon juice. Heat until internal temperature of 74°C (165°F) or higher is held for 15 seconds.

CCP: Hold hot at 60°C (140°F) or higher for serving.
CCP: Hold yogurt cold at 4°C (40°F) or colder for service.
CCP: To add more protein, add diced cooked chicken.

Serving Suggestions

Yogurt on the side, naan, papadum, side dish of basmati rice.