



BUDGET FRIENDLY RECIPES

Chana Masala

Serves 4. Prep time: 35 minutes active; 55 minutes total.

- | | |
|--------------------------------------|---|
| 1 ½ cups long-grain brown rice | 2 cups water |
| 3 tablespoons Field Day canola oil | 1 15-ounce can Field Day garbanzo beans, drained and rinsed |
| 1 medium yellow onion, diced | |
| 1 clove garlic, minced | 2 teaspoons lemon juice |
| 1 tablespoon minced fresh ginger | 1 teaspoon red pepper flakes |
| 1 tablespoon garam masala | 1 large russet potato, peeled and diced |
| 2 tablespoons curry powder | Salt and pepper to taste |
| 3 tablespoons Muir Glen tomato paste | |

Preparation

Bring rice and 3 cups of water to a boil in a medium saucepan. Cover tightly and reduce to a simmer for about 40 minutes or until water is absorbed.

Heat oil in a deep frying pan or shallow soup pot. Add onion and cook over medium heat until soft and translucent, then add garlic, ginger, spices and tomato paste. Pour into a blender or food processor and blend thoroughly. Return the spiced tomato paste to the same pan; there will still be a thin coat of oil in it. Heat over medium heat, stirring occasionally, until it turns medium brown and oil separates around the edges of pan. Gradually whisk in water until it makes a thick gravy, about 2 cups. Bring to a boil.

Add potato and salt, and reduce heat to simmer. Cook for about 8 minutes, then add garbanzo beans. Return to a simmer, cover and cook for 10 minutes, until potatoes are tender. Stir in lemon juice and red pepper flakes, and season to taste with salt and pepper. Serve over rice.

Chana Masala

Ingredient checklist

PRODUCE

- Yellow onion
- Garlic
- Ginger
- Lemon
- Russet potato

BULK

- Long-grain brown rice

GROCERY

- Field Day canola oil
- Muir Glen tomato paste
- Field Day garbanzo beans

SPICES/SEASONINGS

- Garam masala
- Curry powder
- Red pepper flakes
- Sea salt
- Black pepper

Serving suggestion

This Indian classic is not only delicious, but it is rich in B vitamins, iron and protein. And did we mention that it's very inexpensive and easy to make? Consider doubling the recipes so you can put some portions in the freezer for future meals-to-go. Try adding a sweet potato for extra health benefits and a slightly different flavor.

Nutritional information per serving

540 calories	93 g. carbohydrate
14 g. fat	11 g. fiber
0 mg. cholesterol	13 g. protein
430 mg. sodium	

Estimated cost

Total:	\$6.00
Per serving:	\$1.50

The nutritional values and information are approximations, and ingredient costs are estimated.