

# CHANA MASALA (CHICKPEA MASALA)

A spicy, hearty Indian dish with healthy chickpeas in a flavorful onion tomato masala gravy. Serve with rice or flatbread.

**ONE PORTION PROVIDES:**

7/8 cups total vegetable (1/8 cup dark green vegetable, 3/8 cup red/orange vegetable, 1/4 cup other vegetable, 1/8 cup additional vegetable), 2.75 oz. eq. meat/meat alternative



INGREDIENTS	100 SERVINGS	DIRECTIONS
Onion, red, 1/4-inch diced	10 1/2 pounds	1. Chop onions, garlic, jalapenos and ginger and cilantro.
Garlic, raw, peeled, chopped	5/8 cup	
Peppers, jalapeno, sliced, canned, drained	7/8 cup	
Ginger root, raw	1 5/8 cup	
Cilantro, finely chopped	12 ounces	
Tomatoes, diced, canned, no salt	3 1/2 no. 10 cans	2. Drain tomatoes reserving liquid. 3. Slightly puree tomatoes using an immersion blender leaving slightly chunky.
Olive oil/canola blend	3/4 cup	4. Heat oil in a large skillet over medium/low heat.
Chili, dry powder, spices	6 tablespoons	5. Add chili powder and curry powder to skillet and warm for 1-2 minutes until fragrant. 6. Add chopped onions, garlic, jalapenos and ginger and sauté for 3-5 minutes until fragrant.
Curry, dry powder, spices	12 tablespoons,	

Salt, kosher	2 tablespoons	7. Once vegetables are soft, add cilantro, salt and pureed tomatoes. and puree with immersion blender until smooth. Add reserved diced tomato liquid while pureeing to help make smooth consistency. Cook for an additional 2-3 minutes until sauce is the consistency of a thick gravy.
Chickpeas, canned, drained	7 no. 10 cans (or 30 pounds drained)	8. Bring up to a boil and add in drained chickpeas. 9. Reduce heat to medium and cook until chickpeas are heated through, 5-7 minutes.
Spinach, baby leaves, raw	3 ½ pounds	10. Remove from heat. Add spinach. Mix to combine and wilt spinach. <b>CCP-Minimum internal temperature should be 140°F.</b> <b>CCP-Hold hot (140°F. or above) for service or cool quickly (per HACCP) to internal temperature of 40°F. or below.</b>

**SERVING NOTES:**

Serving size	1 ½ cups	Yield, weight	73 Pounds, 9 7/8 Ounces
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**RECIPE NOTES:**

NUTRIENTS PER SERVING							
Calories	140	Total Fat (gm)	3	Vitamin A (IU)	2298	Iron (mg)	1.5
Protein (gm)	5	Saturated Fat (gm)	0.5	Vitamin C (mg)	37	Sodium (mg)	899
Carbohydrate (gm)	26	Cholesterol (mg)	0	Calcium (mg)	158	Dietary Fiber (gm)	5.5