



## Indian-style Chickpeas

*Yields 4-6 servings*

I love this recipe! The original procedure for Indian *chana masala*, which starts with dried chick peas and fresh tomatoes, takes a long time. BUT, this recipe should take you only about 20 minutes because it uses canned chick peas and tomatoes! Enjoy it with some brown basmati rice for a complete and nutritious meal!

### ***Ingredients***

2 tablespoons organic butter  
1 tablespoon extra virgin olive oil  
1 big (or 2 small) onions, diced small  
3-4 cloves garlic, minced  
1, ½-inch piece fresh ginger, peeled and minced  
1 teaspoon turmeric  
½ teaspoon ground cumin  
¼ teaspoon ground cinnamon (or one whole cinnamon stick)  
1 large pinch cayenne  
1 cup canned chopped tomatoes (Pomi is a good brand)  
1, 15-ounce can chick peas (about 1 ¾ cups)  
½ cup water  
2 tablespoons fresh lemon juice  
1 bunch cilantro, chopped  
salt to taste

### ***Procedure***

1. Fry onion in oil over medium heat until soft.
2. Add garlic, ginger, spices and a pinch of salt. Cook five more minutes on medium-low heat to bring out fragrance.
3. Add tomatoes with their juice, and bit more salt. Cook five minutes more.
4. Add chickpeas, ½ cup water and simmer on low heat for 10 minutes.
5. Remove from heat, stir in lemon juice and cilantro.
6. Enjoy hot, warm, cold, every which way!

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