

Chickpea Tikka Masala



SERVES

4



TOTAL TIME

30 minutes



ESTIMATED COST

\$6



Ingredients

- 2 cans chickpeas, drained and rinsed,
- 1 can (14 oz) diced tomatoes,
- 1 can (14 oz) coconut milk,
- 1 small onion, diced,
- 3 garlic cloves, minced,
- 1 tsp fresh or jarred ginger,
- 2 tsp garam masala,
- 1 tsp cumin,
- 1 tsp turmeric,
- 1/2 tsp smoked paprika,
- 2 tbsp oil,
- Salt to taste,
- Cooked rice and fresh cilantro for serving

Instructions

- 1 Heat oil in a large pan over medium heat. Cook onion for 5 minutes until softened. Add garlic and ginger and cook 1 more minute.
- 2 Add garam masala, cumin, turmeric, and paprika. Stir and cook for 30 seconds until fragrant.
- 3 Pour in diced tomatoes and coconut milk. Stir to combine and bring to a simmer.
- 4 Add chickpeas. Simmer uncovered for 15 to 20 minutes, stirring occasionally, until the sauce thickens.
- 5 Serve over rice with cilantro scattered on top.

