

## Chickpea Masala

### Ingredients:

- 2 tablespoons olive oil
- 1 large onion, finely chopped
- Salt to taste
- 2 cloves garlic, minced
- 1 (2-inch) piece of ginger, minced
- 1 tablespoon garam masala
- 2 teaspoons ground cumin
- 2 teaspoons ground coriander
- 2 teaspoons paprika
- 1 teaspoon turmeric
- 1/2 teaspoon cayenne pepper
- 3 (15-ounce) cans chickpeas, drained and rinsed
- 2 (14.5-ounce) cans diced tomatoes
- 1 (13.3-ounce) can full fat coconut milk
- 1 teaspoon cornstarch
- 2 tablespoons water
- Cooked rice for serving
- 1/2 cup chopped fresh cilantro



### Directions

1. Heat olive oil in a medium saucepan over medium-high heat. Stir in onions and a dash of salt until cooked through. Stir in garlic, ginger, garam masala, cumin, coriander, paprika, turmeric, and cayenne pepper. Cook until fragrant.
2. Stir in chickpeas and diced tomatoes. Bring the ingredients to a boil. Lower the heat and simmer for 15 minutes. Stir in coconut milk and cook until warmed through.
3. Combine cornstarch and water in a small bowl. Add mixture to the chickpea mixture. Cook about 5 minutes until thick. Add additional salt if needed.
4. Serve with cooked rice and sprinkle with cilantro.

*Makes 8 servings*

***To make a recipe card, print on card stock paper. Cut out along dotted lines. Glue the front and back of the card together.***