

Chana Masala (Chickpea Curry) – FareStart recipe

Ingredients	50 Servings	100 Servings	25 Servings	Directions
Oil, Canola or Safflower	1 4/5 Tb	3 ½ Tb	2 2/3 tsp	<ol style="list-style-type: none"> 1. Heat oil in tilt skillet or large stockpot. 2. Add onion and sauté until translucent. 3. Add all seasonings and stir for a few minutes. 4. Add tomatoes, chickpeas and water. Cover and let simmer for 20 min. 5. Season with salt and black pepper. <p>❖ Serve 3 ounces. (photo; served with saffron rice)</p>
Onion, fresh § or frozen, diced	1 1/3 lb	2 2/3 lb	2/3 lb	
Garlic, fresh §, minced or granulated	1 4/5 Tb	3 ½ Tb	2 2/3 tsp	
Ginger, ground	2 2/3 tsp	5 1/3 tsp	1 1/3 tsp	
Coriander, ground	1 4/5 Tb	3 ½ Tb	2 2/3 tsp	
Cumin, ground	3 ½ Tb	7 Tb	1 ¾ Tb	
Turmeric, ground	2 2/3 tsp	5 1/3 tsp	1 1/3 tsp	
Paprika, ground or granulate	1 4/5 Tb	3 ½ Tb	2 2/3 tsp	
Tomatoes, canned, diced or whole, crushed	4 1/3 cup	8 2/3 cup	2 1/6 cup	
Garbanzo Beans or Chickpeas §, cooked*	5 lb 8 oz	11 lb	2 lb 12 oz	
Canned Garbanzo, drained and rinsed	10 15-oz cans	19 15-oz cans	5 15-oz cans	
Water	2 2/3 cup	5 1/3 cup	1 1/3 cup	
salt, granulated	1 1/3 tsp	2 2/3 tsp	2/3 tsp	
Black pepper, ground	2/3 tsp	1 1/3 tsp	1/3 tsp	

§WA product available *See Tips & Variation below

Approximate preparation time: 40 min.

Tips & Variation:

- When using dried garbanzo beans or chickpeas, multiply the cooked amount by 0.4 to measure the dried beans you need – in this recipe, you will need 2 lb. 4 oz of dried beans for 50 serving, 4 lb. 7 oz for 100 serving, and 1 lb. 2 oz for 25 serving. Rinse and soak overnight. Cook the beans for 3 hour with plenty of water (4 cups water for a cup of chickpeas). You can cook with bay leaf to add some flavor.



Chana Masala

Child Nutrition Program Food Components:

- ✓ ¼ cup meat alternates
- ✓ 1/8 cup vegetable

Nutrients Per Serving:

Calories	106 kcal
% Calories from Fat	3 %
Total Fat	2.0 g
Saturated Fat	1 g
Trans fat	0 g
Cholesterol	0 mg
Sodium	214 mg
Total Carbohydrates	18 g
Dietary Fiber	5 g
Sugars	3 g
Protein	5 g
Vitamin A (480 IU)	12 %
Vitamin C (2.7 mg)	11 %
Calcium	7 %
Iron	12 %

👉 **Onion** is an edible bulb. Most onions are biennials and will go to seed in the spring if not harvested the preceding fall. Common bulb onions are reddish purple, white, or yellow with a tan skin. The purple and white tend to be sweeter and milder, while the tan-skinned storage onion is the most pungent. [ref: *From Asparagus to Zucchini - A Guide to Cooking Farm-Fresh Seasonal Produce (3rd Edition) *]

👉 A variety of **local beans** are available in WA! - You can introduce to your students different kinds of dry beans (or fresh when in season) to show the difference in colors and shapes; then cook them and serve as lunch. [Click here to find more about beans.](#)

notes

