Chickpeas With Gravy

Source: Recipe by Suruchi Mishra

Low in fat, high in fiber, and full of flavor, this dish is sure to satisfy both your appetite and taste buds. Pair with a garden salad.

About the Recipe

177 Calories · 9 g Protein · 9 g Fiber
Dinner
Gluten-free · Nut-free

Chickpeas are packed with cholesterol-lowering fiber.

Ingredients

Makes 4 Servings

- 2 c (304 g) precooked chickpeas
- 1 c (52 g) onions, chopped
- 2 cloves garlic
- 1 c (250 g) tomato puree
- 2 tsp (10 mL) turmeric powder
- 1 tsp (5 mL) cayenne
- 2 tsp (10 mL) coriander powder
- 2 tsp (10 mL) cinnamon powder
- 2 tsp (10 mL) garam masala
- 2 1/2 c (600 mL) water
- Iodized salt **optional*

Directions

1. Steam-fry the chopped onions and garlic and put in a hot pan on medium heat.
2. Add all the spices except garam masala and tomato puree. Stir for 5 minutes.

3. Add precooked chickpeas (if canned, rinse and drain), tomato puree, garam masala, salt, and water. Stir, mashing some chickpeas in gravy, and cover with lid. Let it cook for 20 minutes on medium-low heat until all flavors blend.
4. Serve with rice or roti.

Nutrition Facts

Per serving
Calories: 177
Fat: 3 g
    Saturated Fat: 0.3 g
    Calories from Fat: 12%
Cholesterol: 0 mg
Protein: 9 g
Carbohydrates: 32 g
Sugar: 8 g
Fiber: 9 g
Sodium: 179 mg
Calcium: 85 mg
Iron: 4 mg
Vitamin C: 11 mg
Beta-Carotene: 315 mcg
Vitamin E: 2 mg