

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

- precooked chickpeas (2 cups)
- onions, chopped (1 cup)
- garlic (2 cloves)
- tomato puree (1 cup)
- turmeric powder (2 tsp.)
- cayenne (1 tsp.)
- coriander powder (2 tsp.)
- cinnamon powder (2 tsp.)
- garam masala (2 tsp.)
- water (2 1/2 cups)
- salt (to taste)

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 2 ½ cups (600 milliliters) of 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