

Chana Masala

Authentic Chana Masala recipe with aromatic spices. This Indian chickpea curry is vegetarian, flavorful, and perfect with rice or naan bread.

15 min

PREP

1h

COOK

1h 15min

TOTAL

4

SERVINGS

Easy

DIFFICULTY

Ingredients

- 15 oz chickpea
- 2 tbsp olive oil
- 1 onion
- 3 clove garlic
- 1 bell pepper
- 1 tbsp fresh root ginger
- 1 cup vegetable broth
- 1 tbsp garam masala
- 1 tsp cumin
- 1 tsp turmeric
- 1 tsp clove
- 1 tsp chili powder

Instructions

- 1 Prepare the aromatics**

Heat 2 tablespoons oil in a large pot or Dutch oven over medium heat until shimmering.
- 2** Add 1 diced onion and cook until soft and golden brown, stirring occasionally, about 8-10 minutes.
- 3** Add 3 cloves minced garlic and 1 tablespoon grated ginger, stirring constantly for 1 minute until fragrant.
- 4 Build the spice base**

Add 1 tablespoon garam masala, 1 teaspoon ground cumin, 1 teaspoon turmeric, 1 teaspoon ground coriander, and 1 teaspoon chili powder. Stir constantly for 30 seconds to toast the spices until very fragrant.

5 **Create the tomato base**

Add 1 cup diced tomatoes and cook, stirring frequently, for 8-10 minutes until tomatoes break down and the mixture thickens into a paste-like consistency.

6 Add the 15 oz chickpeas with their liquid and enough water to barely cover the chickpeas. Bring to a boil over medium-high heat.

7 **Simmer and thicken**

Reduce heat to medium-low and simmer uncovered for 20-25 minutes, stirring occasionally, until the sauce thickens and coats the chickpeas.

8 **Final seasoning**

Season with salt to taste and simmer for 2-3 more minutes. Remove from heat and let stand for 5 minutes to allow flavors to meld before serving.

Tips

Toast whole spices before grinding them for deeper, more complex flavors that will elevate your Chana Masala to restaurant quality.

If using dried chickpeas, soak them overnight and cook until completely tender before adding to the curry for the best texture.

Build flavor layers by cooking onions until deeply golden before adding spices, which creates a rich foundation for the sauce.

Add garam masala in two stages - most during cooking and a final sprinkle before serving to preserve its aromatic qualities.

Let the tomatoes cook down completely until they break down and become jammy, which concentrates their flavor and prevents a watery curry.

Adjust consistency with small amounts of water or broth rather than adding too much at once, as you can always thin but can't easily thicken.

Taste and adjust seasoning at the end, adding salt, lemon juice, or a pinch of sugar to balance the flavors perfectly.

Allow the curry to rest for 10-15 minutes after cooking to let flavors meld before serving for the best taste.