

SeacoastCAN (Climate Action NOW) Planted for the Planet Plant Based Recipes



Chana Saag Chickpea Spinach Curry Recipe

Ingredients

- 1 lb fresh baby spinach
- 2 15-oz. cans chickpeas
- 1 inch piece ginger, grated
- 3 tbsp olive oil
- 2 tsp cardamom
- 1 inch stick cinnamon (or 2 tsp. ground)
- 5-6 cloves garlic chopped
- 1 cup onions finely chopped
- 1 can tomatoes chopped
- .5 tsp turmeric powder
- 1 tsp ground coriander
- .5 tsp red chili powder
- .5 tsp garam masala

- 1 tsp salt, or to taste
- NOTE: This dish is spice versatile, so you can add cumin, fenugreek leaves (methi) add more chili powder or use fresh chilies to your taste and enjoy!

Instructions:

- Rinse chickpeas and roughly chop baby spinach. NOTE: if you are using dry chickpeas rinse the chickpeas and soak them overnight or at least 8 hours in enough water. Discard the soaking water, rinse, and cook the chickpeas in an instant pot for around 15 minutes (check instant pot directions) or add them to a large pot, cover the beans with several inches of water, and bring everything to a boil. Reduce the heat and simmer until they reach your desired tenderness, typically, 1 ½ to 2 hours.
- .Heat oil over medium heat. Add cardamom and cinnamon. Wait for a minute.
- Increase heat to medium-high. Add garlic and cook till it starts to change color. Then add onions and sauté until golden.
- Reduce heat to medium. Add turmeric powder, ground coriander, chili powder, garam masala and salt. Mix well for a minute.
- Add ginger. Stir for a few seconds. Add tomatoes and sauté for 3-4 minutes till well blended.
- Add chickpeas. Stir fry for 4-5 minutes. Cook covered for 10 minutes until chickpeas turn slightly soft.
- Add half of the spinach, stir, and put lid on saucepan for 1 minute. Remove lid and add the other half of the spinach and repeat the covering process.
- Remove lid and simmer uncovered for 10 minute, stirring occasionally.
- Serve hot with paratha or naan and Basmati rice