

CHANA MASALA

Chana masala is one of the easiest dishes to make, and it's much faster than calling for takeout. It comes together with three cans that I keep on hand in my pantry and just a few spices. You don't need many spices, and in fact, we've pared them down for easy, weeknight cooking. So, go ahead and pop open those cans of chickpeas.

INGREDIENTS

2 tablespoons olive oil
1/2 yellow onion, diced
2 cloves garlic, minced
1/2-inch knob ginger
2 teaspoons ground coriander
1 teaspoon ground cumin
1/2 teaspoon turmeric
1 teaspoon salt
1 tablespoon tomato paste
1 14.5-ounce can diced tomatoes, pureed
2 14.5-ounce cans chickpeas, rinsed and strained
1 tablespoon cilantro
rice or cauliflower rice

Raita

1/2 English cucumber, grated, water squeezed out
1 /2 cup vegan sour cream
1 tablespoon cilantro
4 leaves chopped mint used 2 large ones
1/4 teaspoon salt

MAKES FOUR SERVINGS

1 Heat a stock pot to medium and add olive oil. Then add onions and cook until translucent for about 5-8 minutes.

2 Add ginger and garlic and cook for 1 minute. Add coriander, cumin, turmeric, and salt and mix well.

3 Add tomato paste and cook for about 2 minutes to get the rawness out.

4 Add the diced tomatoes that have been pureed and cook down for 5 minutes. The color of the tomatoes will turn a darker red.

5 Add the chickpeas and bring to a boil, then cover and cook for 15 minutes, stirring about halfway through.

6 To make the raita, make sure to squeeze the water out of the cucumbers then place them in a bowl with sour cream, cilantro, mint, and salt. Mix well. Taste and adjust seasoning.