



Chana Masala (Chickpea Curry)

HEALTHY CHOICE MEAL KIT

SHOPPING

PRODUCE	<ul style="list-style-type: none"> • Onion • Tomato sauce • Fresh garlic • Fresh ginger
PROTEIN AND DAIRY	<ul style="list-style-type: none"> • 2 cans chickpeas
GRAINS	<ul style="list-style-type: none"> • 1 lb. rice, long/medium grain
THE OPEN DOOR SEASONING KIT	<p>Seasoning packet contains:</p> <ul style="list-style-type: none"> ◦ 2 tsp cumin ◦ 2 tsp coriander ◦ 1 tsp kosher salt ◦ 1/4 tsp turmeric ◦ 1/4 tsp cinnamon ◦ 1/8 tsp cardamom ◦ 1/8 tsp nutmeg ◦ 1/8 tsp cloves



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45 mins

Makes 6 servings

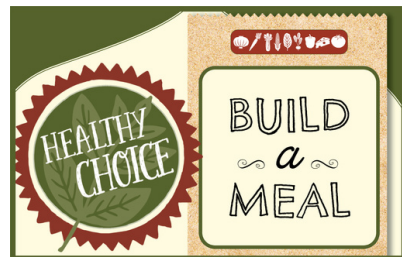
RECIPE

INGREDIENTS	<p>1 cup Onion, diced 5 Garlic cloves, minced 1.5 Tbsp. Ginger, minced 2 15-oz cans Chickpeas, drained & rinsed 2 15-oz cans Tomato sauce 1 lb. Rice 1 Tbsp. Olive oil 1 Curry Seasoning Packet*</p> <p><i>*2 tsp cumin, 2 tsp coriander, 1 tsp kosher salt 1/4 tsp turmeric, 1/4 tsp cinnamon, 1/8 tsp cardamom, 1/8 tsp nutmeg, 1/8 tsp cloves (all ground)</i></p>
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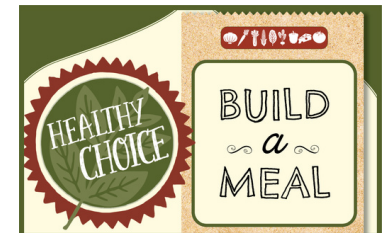
INSTRUCTIONS	<p>Cook the rice according to the package directions, set aside. In a large pot, cook onions in oil over medium heat until translucent (7 minutes). Add minced garlic and ginger, continue to stir and cook for 2 more minutes. Add spice packet, cook for 1 minute, and add chickpeas and tomato. Bring to simmer, lower heat, and continue to cook, stirring occasionally, for 30 minutes. Serve over rice.</p>
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How did the recipe go?
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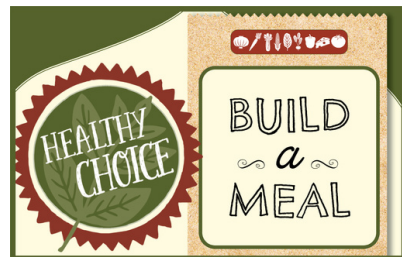
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