



— Chana Saag —

Chick Peas With Spinach

KAREN MURRAY (SENIOR WRITER)



When I moved to the North Fork of Long Island in 2000, I missed being able to order takeout from an Indian restaurant. I found this recipe for chickpeas, made it a few times, and realized something was missing. My husband and I love Indian dishes with spinach, so I decided to add some to the chickpeas. That did the trick. This hearty dish is perfect with some basmati rice and (supermarket) naan.

INGREDIENTS

- 1 tablespoon canola oil
- 1 medium onion, chopped
- 2 teaspoons minced garlic
- 1 teaspoon minced ginger
- 1 small red chili, chopped (more to taste)
- 1 14.5 oz. can diced tomatoes
- 1 1/2 teaspoons paprika
- 1 teaspoon salt
- 1 teaspoon ground coriander
- 1/2 teaspoon garam masala
- 1/4 teaspoon turmeric
- 1 teaspoon lemon juice
- 2 15-oz. cans chickpeas, drained and rinsed
- 6-9 oz. baby spinach, chopped
- 2 tablespoons cilantro, minced

EQUIPMENT

Frying pan

YIELDS

4 servings

STEP-BY-STEP RECIPE

- 1** | In a medium saucepan over medium heat, heat oil and add onion. Sauté until translucent and soft, about 5 minutes.
- 2** | Add garlic, ginger and chili, and sauté until soft and fragrant, 1 to 3 minutes.
- 3** | Add tomatoes and 1/4 cup water. Cover and cook until tomatoes are soft, about 5 minutes.
- 4** | Remove from heat and purée mixture with a hand blender or in a blender until smooth. Return to pan and place over medium heat.
- 5** | Add paprika, salt, coriander, garam masala, turmeric and lemon juice. Stir to combine. Add chickpeas and bring to a boil, then reduce heat to low.
- 6** | Cover and simmer until sauce is thick and chickpeas are soft, about 40-50 minutes. Stir pan about every 10 minutes, adding water if needed to prevent burning.
- 7** | Stir in chopped spinach, and cook for 10 minutes. Stir in cilantro, add salt if needed, and serve with cooked Basmati or Jasmine rice.

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Adler Branding & Marketing
575 Eighth Avenue, 11th Floor, New York, NY 10018 | 212.863.4100

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