

Chickpea & Winter Squash Masala



Sirve:

6 servings

Pieza:

3 Qt. Ultimate Culinaire with Cover (Limited Edition)
Saladmaster Food Processor

Valora: ☆☆☆☆☆

Contribuido por:

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Descripción de la Receta:

Channa Masala, chickpeas stewed in a spicy tomato based sauce with warm and fragrant spices is a traditional Indian dish. This delicious tangy stew has the addition of winter squash or pumpkin added to it.

1 onion, medium, strung, use Cone #2
3 garlic cloves, shredded, use Cone #1
1 tsp
garam masala
(2
g)
1 tsp
turmeric, ground
(2
g)
½ tsp
coriander, ground
(1
g)
1 tbsp
cumin powder
(7
g)
½ tsp
chili powder
(1
g)
¼ tsp
cayenne pepper
(1/2
g)
½ tsp
salt (optional)
(3
g)

2 cups
 winter squash, strung, use Cone #2 (Choose sugar pumpkin,
 butternut squash, acorn squash or your favorite variety)
 (280
 g)
 2 cups
 chickpeas, cooked, drained
 (328
 g)
 2 cups
 diced tomato in juice
 (360
 g)
 1 cup
 water or vegetable stock
 (237
 ml)
 cilantro or scallions, chopped (garnish)

Preparación :

1. Preheat Ultimate Culinaire over medium heat until a sprinkle of water skitters and dissipates, about 7-9 minutes.
2. Sauté onions, garlic and ginger for 3-4 minutes until softened.
3. Mix garam masala, turmeric, coriander, cumin, chili powder, cayenne and salt together in a small bowl.
4. Add winter squash, stir.
5. Sprinkle spices over vegetables stir and cook for 2 minutes to toast spices.
6. Add tomato and juices, chickpeas and water and cover pan.
7. When Vapo-Valve™ begins to click steadily, turn heat to low and cook for 30 minutes, until squash is cooked through.
8. Taste and adjust seasonings as desired.
9. Serve as is or with chopped fresh cilantro on top.

Consejos:

- Serve with Indian spiced roasted potato.
- Serve with cucumber raita.
- Serve over steamed basmati rice

Información nutricional por ración

Calorías:	144
Grasa Total:	1g
Grasa	0g
Saturada:	
Colesterol:	0mg
Sodio:	392mg
Carbohidratos:	28g
Fibra	5g
Dietética:	
Azúcar:	2g
Proteína:	5g