

Chickpea Tikka Masala

Web Recipe · Dinner · GF

395 cal · 21g protein · 50g carbs · 12g fat · 5 servings

Ingredients

- 2 cans (15 oz each) chickpeas drained and rinsed
 - 1 can (14 oz) crushed tomatoes
 - 1 can (14 oz) light coconut milk
 - 1 medium yellow onion finely diced
 - 4 cloves garlic minced
 - 1 tbsp fresh ginger grated
 - 3 tbsp tomato paste
 - 1 tbsp garam masala
 - 1 tsp cumin
 - 1 tsp turmeric
 - 1 tsp smoked paprika
 - 1 tbsp olive oil
 - 1/4 cup nutritional yeast
 - 2 cups fresh spinach
 - 2.5 cups cooked basmati rice
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Instructions

1. Heat olive oil in a large pot over medium heat. Sauté onion for 5 minutes.
 2. Add garlic, ginger, and tomato paste. Cook 2 minutes, stirring frequently.
 3. Add garam masala, cumin, turmeric, smoked paprika, cinnamon, and cayenne. Stir 1 minute until very fragrant.
 4. Add crushed tomatoes, coconut milk, and drained chickpeas. Stir to combine.
 5. Simmer 20 minutes, stirring occasionally, until sauce is rich and thickened.
 6. Stir in nutritional yeast and fresh spinach. Cook until spinach is wilted.
 7. Serve over basmati rice with fresh cilantro.
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