

# Recipe 1

## છોલે ચાના (Chole Chana)

---

### Ingredients

- 1 cup છોલે ચાના.
- 1 large tomato and 1/2 large onion.
- Salt.
- Oil.
- રાઈ.
- જેરુ.
- તમાલપત્ર.
- હિંગ.
- લાલ મરચું.
- હળદર.
- ઘાણાજીરું.
- ચણાનો મસાલો.
- 1 green chili pepper.
- 3 cloves of garlic or garlic powder.

### Procedure

1. Soak the ચાના over night.
2. Purée tomatoes and onion together.
3. Set instant pot to sauté at normal heat, and add oil.
4. When instant pot shows hot, add રાઈ, તમાલપત્ર, જેરુ, હિંગ. Optionally add a green chili pepper cut in two halves. Then add the tomatoe-onion purée. Add લાલ મરચું, હળદર, ઘાણાજીરું, ચણાનો મસાલો and salt. Add 5 cloves of garlic finely chopped, or garlic powder. Let this simmer for a little bit.
5. Add ચાના and water. Then close instant pot and pressure cook on high for 40 minutes. When you open pot, crush some of the beans against the wall of the pot and mix them into the gravy to thicken it.