**Chana Ghugni**

Prep time: 8 hours Cook time: 25 min

**Ingredients:**

* ½ cup dried white or black chana
* 1 small onion, chopped
* 1 tomato, chopped
* 1 tsp ginger paste
* ½ tsp cumin seeds
* ½ tsp turmeric, ½ tsp garam masala
* Salt to taste
* 1 tsp mustard or olive oil
* Coriander and lemon juice

**Instructions:**

1. Pressure cook soaked chana with a pinch of salt until soft (4–5 whistles). Drain and set aside.
2. Heat oil in a nonstick pan. Add cumin seeds. When they splutter, add onion and sauté until golden.
3. Add ginger-garlic paste, green chili, and cook for a minute.
4. Add tomato, turmeric, and salt. Cook until soft.
5. Add boiled chana and stir well. Cook for 5–7 minutes on low heat, mashing some for thicker texture.
6. Finish with garam masala and coriander.
7. Serve hot as a snack or with roti/flattened rice