



---

# Chole

Recipe courtesy Padma Lakshmi

Total Time: —

Prep: — | Inactive Prep: — | Cook: —

Level: —

Yield: 4 to 6 servings

---

## INGREDIENTS

2 onions, quartered	1/2 teaspoon red chili powder, or to taste
1 green bell pepper, cored, seeded, and chopped	Salt, to taste
6 large firm, ripe tomatoes	2 (15-ounce) cans chick peas or garbanzo beans, drained and rinsed
2 tablespoons chopped gingerroot	2 to 3 tablespoons fresh lemon juice, or to taste
2 tablespoons vegetable oil	1 to 2 tablespoons minced fresh cilantro, or to taste
1 tablespoon Garam Masala	

---

## DIRECTIONS

### DIRECTIONS

In a blender or food processor puree the onions, green pepper, tomatoes and gingerroot. In a saucepan set over moderate heat, warm the oil until hot. Add the puree and cook, stirring occasionally, for 20 minutes. Add the Garam Masala and chili powder and cook, stirring occasionally, for 5 minutes. Add the salt and chick peas and cook, stirring, until heated through. Stir in the lemon juice and cilantro. Serve the curry over rice or with warmed tortillas.

---

© 2011 Cooking Channel, LLC, All Rights Reserved.

Printed on January 24, 2012 from [http://www.cookingchanneltv.com/cook/cda/recipe\\_print/0,1946,COOK\\_41503\\_473563\\_RECIPE-PRINT-FULL-PAGE-FORMATTER,00.html](http://www.cookingchanneltv.com/cook/cda/recipe_print/0,1946,COOK_41503_473563_RECIPE-PRINT-FULL-PAGE-FORMATTER,00.html)

