



CULINARY LEARN AND SHARE

Dry Masala Chana

By Chef Sank of @EatKraveLove

Ingredients

- 3 tbsp olive oil or vegetable oil
- 2 cans of Chickpeas (Garbanzo beans) (drained)
- 1 tsp chili powder
- 1 tsp turmeric powder
- 1 tbsp cumin seeds
- 1 tsp cumin powder
- 1 tsp salt (or to taste)

Directions

1. On medium heat, add olive oil to a pan
2. Add the cumin seeds until they are aromatic
3. Add the other seasonings and the chickpeas
4. Continue roasting until the chickpeas are darker in color and browned, stirring occasionally
5. Serve hot with rice or allow to cool and add to your favorite salad or eat alone as a snack!

Enjoy!



PRESENTED BY



To learn more and locate food pantries, scan the QR code.



middlesexcountynj.gov/replenish



732.729.0880



replenish@co.middlesex.nj.us