**DIRECTIONS**

1. Heat oil in a pan, and add bay leaf, cinnamon, clove, and cardamom.
2. Add onions and green chili and sauté. Add ginger-garlic paste and sauté until the onions get golden brown (~4-5 min).
3. Next, add the tomatoes, turmeric, and salt. Cool until the mixture is soft and mushy (~4-5 min).
4. Add the coriander powder and garam masala powder. Stir-fry for 1-2 minutes. You should see the oil separating.
5. Add the canned chickpeas (drained and rinsed).
6. Add 1/4 cup water. Mix together.
7. Cover and simmer for 12-15 min until the chickpeas are soft and absorb the masala flavor.
8. Turn off the heat and garnish with cilantro. Serve with rice, quinoa, roti, or naan.

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**INGREDIENTS**

- 2 15 oz cans chickpeas (drained and rinsed)
- 1 large onion finely chopped
- 3 medium tomatoes finely chopped
- 1 green chili
- 1 tbsp ginger-garlic paste
- 1/2 tsp turmeric
- 1 bay leaf
- 1 inch cinnamon
- 2 cloves
- 2 green cardamoms
- 1 tbsp coriander powder
- 1/2 tsp garam masala powder
- 2 tbsp oil
- Salt to taste
- Cilantro (optional, for garnish)

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**SERVINGS:** 4  
**PREPPING TIME:** 10 min  
**COOKING TIME:** 20 min

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**CHOLE**

Submitted by: 
Swetha Tummala, M3

Even in the midst of a demanding 3rd year schedule, Swetha aims to make this home-cooked meal because it is just that easy!

Chole is a protein-packed dish using chickpeas and a flavorful spice mix for a perfect weekday meal.