

CHOLE

Submitted by:
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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.

SERVINGS: 4
PREPPING TIME: 10 MIN
COOKING TIME: 20 MIN

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)



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. Cook 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.

IF YOU WOULD LIKE TO SUBMIT
A RECIPE, CONTACT TIFFANY AT
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