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ERIN GREEN  
MS, RDN, CSSD

# 10-Minute Chana Masala

+ Curry Spinach

**Prep time:** 5 min | **Cook time:** 10 min | **Servings:** 5

**Recommended sides:** White or brown rice, plain Greek yogurt and chopped cilantro

## Ingredients:

- 2 Tbsp olive oil
- 2 tsp whole cumin seed
- 2 15-oz cans of garbanzo beans, drained and rinsed
- 2 Tbsp tomato paste
- 1 Tbsp Garam Masala spice

## Directions:

1. Cook rice according to package directions. Alternatively, you can use pre-cooked heat-and-eat rice.
2. In a saucepan, heat the olive oil over medium heat.
3. Add the cumin seed and stir, cooking for about 3 minutes or until lightly toasted.
4. Add the chickpeas, tomato paste and Garam Masala spice.
5. Cook and stir until heated through.
6. Serve with yogurt + cilantro.





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# Curry Spinach

## Ingredients:

- 2 Tbsp olive oil
- 3 cloves of garlic, minced (or 3 teaspoons from a jar)
- ¼ tsp ginger powder
- 2-3 tsp curry powder (to taste)
- 1 small box (5 oz) of fresh spinach

## Directions:

1. Heat oil in a large pan over medium-high heat
2. Add minced garlic, ginger, and curry powder, stirring and cooking until fragrant (1-2 min)
3. Add a large handful of spinach to the pan. Stir and cook until spinach wilts, creating more room in the pan. Working in batches, continue to cook and stir the rest of the spinach.
4. Adjust seasonings to taste.

## Chana Masala Shopping List:

- 6 cans garbanzo beans
- Garam masala
- Cumin seeds
- 2 cans tomato paste
- White rice (basmati)
- Curry powder
- Ginger powder
- Minced garlic
- Large box spinach
- Cilantro
- Greek yogurt

