

Chana Masala - Plantricious

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Chana masala is a popular dish in Indian and Pakistani cuisine. The main ingredient is chickpeas. You can vary the spice level depending on student preference.

MEETS USDA GUIDELINES FOR K12 AND CHILDCARE PROGRAMS

Process # 2 – Same Day Service

Yield

50 Servings

100 Servings

Skill Level: Advanced

Ingredients	Weight	Measure	Weight	Measure
Pureed tomatoes and sauce, canned		1 gallon		2 gallons
Garbanzo beans, drained	10 lbs. 6 oz.	1 ½ gallons + 1 cup OR 2 ½ -#10 cans	20 lbs. 12 oz.	3 gallons + 1 pint OR 5-#10 cans
Onion, diced	3 lbs.		6 lbs.	
Cumin, ground		½ cup + 1 tsp.		1 cup + 2 tsp.
Salt		¼ cup + ½ tsp.		½ cup + 1 tsp.
Garlic powder		½ cup + 1 tsp.		1 cup + 2 tsp.
Ginger, ground		½ cup + 1 tsp.		1 cup + 2 tsp.
Chili powder		¼ cup		½ cup
Cilantro, dried		1 cup		1 pint
Turmeric, dried		2 Tbsp.		¼ cup
Garam Masala (spice blend)		¼ cup		½ cup
Lemon juice		¾ cup		1 ½ cups
Rice preparation				
Brown rice, dry	6 ½ lbs.		13 lbs.	
Water		½ gallon + 1 pint		1 ¼ gallons

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.



Chana Masala Continued

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Preparation

Rice

1. Prepare rice by combining with water and cooking. Fluff. Place in warmer until service.

*Recommended cooking method: Steam covered for approximately 15 minutes.

Alternative cooking methods:

- Boil water and pour over rice. Bake covered rice in the oven at 350°F for approximately 30 minutes.
- Heat to a rolling boil. Cook until water is absorbed, about 30-40 minutes. Stir once. Cover and cook an additional 10 minutes over low heat.

Chana Masala

- Heat oven to 350°F.
- Combine all ingredients, except for garam masala, lemon juice and rice, into a steamtable pan. Stir and cover.
- Place in oven for approximately 20 minutes, until product is heated.
- Add garam masala and lemon juice to the chickpea mixture and mix until well combined.
- Serve over rice.

HACCP Critical Control Point: Heat to a temperature of 140°F for 15 seconds.

HACCP Critical Control Point: Hold at internal temperature of 135°F or above.

HACCP Critical Control Point: Reheat leftover produce to 165°F or higher; reheat product only once.

Serving Information

Serve ½ cup Chana Masala over 1 cup brown rice.

Each serving provides 2 meat/meat alternates, 2 ounce equivalent grains, and ½ cup red/orange vegetable.

OR

Serve ¼ cup Chana Masala over ½ cup brown rice.

Each serving provides 1 meat/meat alternate, 1 ounce equivalent grains, and ¼ cup vegetable component.

Nutrition Information per 2 m/ma and 2 equivalent grains *From USDA Nutrient Database

Calories: 383 Total Fat: 3.2g Saturated Fat: .5g Monounsaturated Fat: .9g Polyunsaturated Fat: 1.3g Trans Fat: 0g
Cholesterol: 0mg Carbohydrate: 76.7g Fiber: 9.5g Total Sugar: 5.6g Protein: 11.8g Sodium: 964mg Vitamin A:
33µg Vitamin C: 16.7mg Calcium: 76mg Iron: 4.3mg Folate: 106µg

