

Chana Masala

This recipe makes 24 cups with the added rice



Ingredients

3 cups cooked rice
6 medium sized potatoes
2 diced onions
4-15 oz cans chickpeas
2-15 oz cans diced tomatoes
2-15 oz cans light coconut milk
2 tbsp olive oil
4 cloves of garlic minced
2 tsp chili powder
2 tsp turmeric
4 tsp cumin
4 tsp ground coriander
4 tsp garam masala
1-2 tsp salt

Directions:

1. Set the Instant Pot to Sauté mode.
2. Add olive oil, minced garlic, and diced onions. Cook, stirring occasionally, until the onions become soft and translucent.
3. Drain and rinse your chickpeas
4. In a small bowl, combine chili powder, turmeric, cumin, ground coriander, garam masala, and salt
5. Once the onions are cooked, switch the Instant Pot to high-pressure mode and set it for 15 minutes
6. Add the prepared spice mix and stir to coat the onions
7. Pour in the chickpeas, diced tomatoes, light coconut milk, and diced potatoes
8. Mix everything well, ensuring the ingredients are evenly combined
9. Close the Instant Pot lid, secure the valve, and press Start to begin cooking
10. Once cooking is complete, allow for a natural pressure release
11. Stir the mixture well and freeze dry as is, or mix in 3 cups of cooked rice
12. Add parchment paper to your trays
13. Spread the chana masala evenly onto your trays
14. Pre Freeze when possible
15. Freeze dry (my cycle time was 27 hours)
16. Store in jars for short-term use or in mylar bags for long-term storage

Rehydration:

Add 2 cups of freeze-dried chana masala to a bowl, jar, or mylar bag along with 2 cups of hot water. Cover and let sit for a few minutes, stir and cover again for about 5 more minutes. The rice and potatoes can take some time to rehydrate. This makes about 2 cups. Enjoy

Notes: I added rice to my recipe to make it easy to rehydrate on the go. You could leave out the rice and rehydrate the chana masala and serve over freshly cooked rice or freeze-dried rice you have on hand.

Nutritional Value Per 2 cups with rice mixed in

Calories 571 Carbohydrates 75 g Protein 16 g Fat 28 g Fiber 19 g Sugar 10 g

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