

## **Chole - Chick Pea and Potato Curry Recipe**

Last night in the chat room, we talked briefly about Indian food, and about a potato and chick pea curry that is easy to make. It's called Chole, I eat it with rice and chupatis. Flour tortillas are an excellent substitute for chupatis.

This recipe does NOT depend on exact amounts, if you want it hotter, add peppers, if you want it milder or less spicy, add less than the recipe calls for, and add in more if you think it needs it.

ghee (clarified butter) or oil  
1 lg. sliced onion  
1-2 chopped jalapeno or serrano peppers (optional)  
1 T. fresh ginger  
1 T. minced garlic  
1 T. cumin  
1 T. coriander powder  
2 T. garam masala  
cayenne powder if you want more heat  
2 large potatoes, peeled and diced  
1 large can of garbanzo beans, drained and rinsed (28-ish oz. can)  
1 can diced tomatoes (14-15 oz. or so)  
2-3 T. chopped fresh cilantro  
lemon juice

Fry onion slices in ghee till transparent. Add peppers (if using) and spices, and fry till onions are lightly browned, and spices are fragrant. Add potatoes, turn and fry for a minute or so over medium heat, then add enough water to come about 1/2" up on the diced potatoes. Cover and cook until potatoes are cooked through. Add tomatoes, garbanzo beans, cilantro, and lemon juice (if desired). Simmer 1/2 hour or longer on low heat. The dish should not be soupy in texture, but still a little runny. You can add water to adjust the texture if needed.

I think this is one of the less intimidating Indian recipes, it turns out well for almost everyone, and doesn't have a hundred ingredients!

Enjoy!

Celene