

Chick Peas with Seasonal vegetable



Prep time: **20 to 25** min

Cooking time: **30** min

Serves: 4

Ingredients:

Chickpeas--2 cups (boiled)
Tomatoes-2 cups chopped
Ginger- grated 1 tbsp
Green Chillies-2 (or optional)
Carrots- 2 medium size
Zucchini-1
or
Indian squash or Opal-1/2 cup
Different colored bell peppers-1 cup
Cauliflower-1 cup
Coriander leaf-2 tbsp
Coriander powder- 1tsp.
Turmeric-1/2 tsp
Bay leaf-2
Red chili powder-1/4 tsp (optional)
Mango Powder-1/2 tsp
Garam masala-1/2 tsp
Kastoori Methi-1 1/2 tsp
Cumin Seeds-1tsp
Asofetada-1/tsp
Canola oil or your choice of oil-2 tbsp
Ghee-1tsp
Water-4 cup
Salt-According to your taste

Cooking method

1. Soak 2 cup of Chick Peas overnight or you can use canned Chick peas.
2. Boil them. Put some salt in it while boiling.
3. Take a deep and heavy bottom pan preferably, put it on stove.
4. Put oil when pot is hot, put cumin seeds and asafetida.
5. Now put grated ginger, chilies, bay leaf, stir it little bit than put chopped tomatoes and stir.
6. Put all the cut veggies, stir it and put all the spices(coriander powder, turmeric powder, red chili powder, mango powder, garam masala),mix everything well.
7. Can mix boiled chick peas too.(Remember not to throw the water you have boiled chick peas with. you should use that water.
8. Now add extra water and salt. Let it cook for at least 15 to 20 Min's on medium heat.
9. Add kastoori methi and ghee (optional) and let it cook for another 5 Min's.
10. Garnish with green coriander leaves and serve.

TIPS

1. Should use raw chick peas but canned chick peas can be used too. Before using canned chick peas wash them properly.
2. If you are using raw chick peas, wash them properly before soaking so that water can be used in boiling.
3. Consistency of this recipe can be varied. You can make it thicker or thinner.
4. Can be eaten with rice or chapati or nan or use as soup too.