



Aloo Chana Masala with Cashews & Raisins

Adapted from Blue Apron

Serves 2-3

This dish is loosely based on Indian “Chana Masala” a drier mixture of chickpeas, garam masala and lemon. Garam masala is a spice blend that varies by region in India, and is usually made up of pepper, cloves, cinnamon, cumin and cardamom. Since the rations of spices can differ so much, no single version is considered more authentic than another. It’s really just a matter of preference.

Ingredients:

4-6 carrots
1 lb. Yukon gold potatoes
3 oz. baby spinach
2 cloves garlic
(1) 14.5 or 15 oz can chickpeas
1 bunch cilantro
1 lemon
1 shallot
¼ cup cashews
2 tsp garam masala
1 tsp cumin
Sea salt and black pepper
2 cups of water (or use 2 cups veggie/chicken/beef broth)
2 tsp *Better Than Bouillon - Vegetable* (Or use 2 cups veggie/chicken/beef broth)
2 Tbls. Raisins
1 Tbls. Raw Pepitas / Pumpkin Seeds

Directions:

- **Prepare the Ingredients:** Wash and dry the fresh produce. Trim the carrots and cut into 1-inch pieces on bias. Cut the potatoes into ½-inch pieces. Peel and mince garlic and shallot. Drain and rinse the chickpeas. Roughly chop the cilantro leaves. Cut the lemon into 6 wedges and remove the seeds. Roughly chop the cashews.
- **Cook the Vegetables:** In a medium sauce pan, heat a couple teaspoons of olive oil until hot. Add the garlic and shallot and cook 30 seconds to 1 minute, or until fragrant and

softened. Add the carrot, potato, cumin and garam malsa. Toast the spices for 1 to 2 minutes, or until fragrant and thoroughly combined, stirring occasionally.

- **Make the Stew:** Stir in the vegetable bouillon and 1 cup of water (or 1 cup of broth), scraping any bits from the bottom of the pot to incorporate into the stew. Reserve the remaining water for thinning the stew as it cooks. Bring the mixture to a boil and simmer 1 to 2 minutes, or until heated through. Using a fork, smash $\frac{1}{4}$ of the chickpeas (this will help to thicken the stew). Add all of the chickpeas to the stew along with the raisins. Cover and reduce heat to low, then simmer 12-15 minutes, or until the potatoes and carrots are tender when pierced with a fork.
- **Toast the Cashews and Pepitas:** While the stew simmers, toast the cashews and pepitas in a dry pan on medium heat for 1 to 2 minutes or until toasted and fragrant, stirring constantly. Keep a close eye on the nuts as they can burn easily. (Don't be alarmed if the pepitas pop.)
- **Finish Stew:** Once the potatoes are fully cooked, stir in the spinach and half the cilantro and cook 1 minutes or until wilted. Squeeze in the juice of 2 lemon wedges and season with salt and pepper to taste.
- **Plate Your Dish:** Divide the stew between 2 dishes. Top with the toasted cashews, pepitas, and remaining cilantro. Garnish with the remaining lemon wedges. Enjoy!

Nancy's Notes:

This recipe doesn't necessarily look beautiful, but the flavor is amazing and it's so satisfying. I topped it off recently with some baked chicken I had in the fridge. You could add more water and add cubed lamb or chicken, if you'd like. The way to add the meat would be to sear it before you sauté the potatoes and carrots. You want to sear it off, add the veggies, and just follow the rest of the recipe. You'll likely need the full 2 cups of water/veggie broth.