

Chole Soya Masala Recipe (Diabetic Friendly)

Ingredients

- Sachet MAGGI Masala-ae-Magic (6 Grams)
- 2/3 2/3 Cups Black Chana (Black Chickpeas) (Soaked for 4-5 hrs)
- Cups Water
- Teaspoons Oil
- Onion
- Teaspoon Ginger-Garlic Paste
- Tomato (Medium, Chopped)
- 1/2 1/2 Tablespoons Coriander Seeds
- 1/2 1/2 Teaspoons Cumin Seeds
- 1/2 1/2 Teaspoons Red Chilli Powder
- 1/4 1/4 Teaspoon Turmeric Powder
- gms Soya Flour
- Teaspoon Garam Masala Powder
- Pinch Salt (To Taste)
- Tablespoons Coriander Leaves (Chopped)

Instruction

1. Wash and soak soya granules in hot water for 10 min.
2. 2. Pressure cook kabuli chana and soya granules with 3 cups of water for 15 min after the first whistle. Grind together coriander seeds, cumin seeds, red chilli powder and turmeric powder with 1 tbsp of cooked chana into a paste.
3. In a kadhai heat oil and saute onion till they turn golden brown. Now add the paste made in step 2 along with tomatoes and saute till the tomatoes soften.
4. Add the remaining boiled chana, remaining 2 cups of water, garam masala, Maggi Masala-ae-Magic and salt to taste. Mix well and simmer for 5 minutes.
5. Garnish with fresh coriander leaves and serve hot.

Nutrition

Carbohydrates	24.73 g
Energy	177.89 kcal
Fats	4.32 g
Protein	11.92 g

48 Minutes

4 Servings