

Chanan Saag



FOODSERVICE

SERVING SIZE: 8

Ingredients

- 2 tablespoons Unsalted Butter
- 1 cup Onion, Sliced Thin
- 2 teaspoons Fresh Ginger, Sliced
- 2 teaspoons Fresh Garlic, Minced
- 1 teaspoon Tumeric
- 2 teaspoons Chili Powder
- 2 teaspoons Ground Cumin
- 1 teaspoon Garam Masala
- 2 1/2 cups **Furmano's Petite Diced Tomatoes**
- 3 1/2 cups Frozen Spinach, thawed
- 3 cups **Furmano's Chick Peas (Garbanzo Beans)** , Drained & Rinsed
- 1 1/2 teaspoons Salt

In This Recipe



Chick Peas (Garbanzo Beans) - 15.5 oz.



Organic Chick Peas (Garbanzo Beans)



Petite Diced Tomatoes In Juice

Preparation

1. In a medium stockpot over medium heat add Butter and Onion and saute for ten minutes.
2. Add Ginger and Garlic and saute for another five minutes.
3. Add the spices to the pot and stir constantly letting them meld.
4. Pour in the Tomatoes and Juice, stir and bring to a simmer to let the spices immerse with tomatoes.
5. Toss in Spinach and Chickpeas and bring to a boil and then a simmer. Add in Salt if more seasoning is desired.
6. Serve over your favorite Furmano's Grain like Quinoa.