



PUNJABI CHOLAY (Garbanzo Stew)

2 lbs. dry garbanzo beans
6 medium yellow onions
1/3 cup ginger root
6 garlic cloves
1/2 cup Olive Oil
2 TB Cumin Seeds
pepper corns
cinnamon stick
4 teaspoons turmeric powder
1/4 cup chana masala spice (from Indian or Asian market)
1/4 cup tomato paste
1/4 cup nutritional yeast
cilantro

Prepare Garbanzo Beans

Using 6 quart stock pot, start with cold water at room temperature, soak Garbanzo Beans for 24 hours. Drain, rinse, add 3 quarts cold water, bring to boil, reduce heat to slow boil, and cover. Cook until beans are soft (about 1 to 1 1/2 hours).

Prepare "Masala"

Cut onions in half and slice into crescents. Peel and chop ginger and garlic. In large frying pan (with cover or wok), heat oil plus 1 cup cold water. Heat to boil, and add onions. Steam-saute, stirring frequently until very soft and color is clear. Stir in ginger, garlic. Saute until garlic and ginger are soft. Add cumin seeds, black

peppercorns and cinnamon stick (broken into pieces), and cook until everything is lightly browned. Return the Onion-Spice mixture to heated frying pan. Add bay leaves, turmeric powder, Chana masala spice mixture and salt, and stir to mix well. Add tomato paste and continue to stir until Oil begins to “express” (seep) out of the mixture. This is the completed “masala.” Stir Masala into the cooked garbanzo beans. Add nutritional yeast and additional Salt to taste. Allow some time for flavors to blend, and serve. Garnish with chopped cilantro. Can be served over local grains pilaf or rice. Wonderful topped with plain yogurt.