

**Indian Paneer Tikka Masala**

**Servings:** 4

**Prep Time**: 20 minutes

**Cook Time**: 55 minutes

**Total Time**: 80 minutes

**Equipment Needed**: Cutting surface, knife, large pot, blender

**Ingredient**s:

28 ounces Diced Tomatoes (or) 1 Can Rotel + 1 Can Diced Tomatoes

3/4 Onion, White, Chopped

1/2 teaspoon Salt

1 Tablespoon Ginger, Minced

1 Can Chickpeas AKA Garbanzo Beans, Rinsed & Drained

3/4 Cup Coconut Milk, As Needed

3 Cloves Garlic, Minced

1/2 Cup Cilantro, Fresh

Oil to coat

**Garam Masala Powder: (Indian Seasoning)**

1 Tablespoon Coriander

1 1/2 teaspoon Cumin

1/2 teaspoon Turmeric

1/4 teaspoon Cardamom

Pinch Cayenne (optional)

**Directions:**

1. Cut up the onion, garlic, and shaved ginger, set aside. Make the Garam Masala Powder (I made extra for future use). Heat the oil.
2. Blend Tomatoes and Liquids till smooth.
3. Use a large non-reactive pot, heat oil until shimmering. Add Onion and Salt. Cook Onions 5-7 minutes until translucent.
4. Add Ginger, Garlic, cook 1 minute. Add Garam Masala Powder, stir constantly. 30 seconds.
5. Add Chickpeas, Tomatoes, Coconut Milk.
6. Add Cilantro.
7. Cook Covered 30 minutes on Medium Heat.
8. Reduce Heat to Low Heat (2 out of 10). Allow it to cook uncovered, for an additional 20 minutes. Add a splash of Coconut Milk to reduce spice, if wanted. Serve over brown rice with Naan Bread. Top with Cilantro. Serve and Enjoy!