



Total Time
70 MIN.

Serving Size
9 OZ/255 G

Difficulty
EASY

Chickpeas simmered in a tomato soup, curry powder, garam masala, cumin, turmeric, tomatoes, onion, garlic, ginger. Finished with lemon and coriander.

Yields
24

INGREDIENTS

WEIGHT

MEASURE

Vegetable Oil	6 tbsp	90 mL
6 Onions, diced	6 cups	1 1/2
Garlic, minced	6 tbsp	90 mL
Ginger Root, fresh	2 tbsp	30 mL
Ground Cumin	0.5 cup	125
Garam Masala	2 tbsp	30 mL
Turmeric, ground	1 tbsp	15 mL
No-Salt-Added Chickpeas, drained and rinsed	1 62oz can	1 1.84L can
6 Plum Tomatoes, diced	24 oz	680 g
Campbell's® Condensed Tomato Soup	1 48 oz can	1 L can
black pepper, ground	4 tsp	20 mL
Cilantro, finely chopped	1 1/2 cups	375 mL
Lemon Juice	1/2 cup	125 mL
2% Greek Yogurt	3 cups	750 mL
Mini Naan Bread, warmed	24 1 oz each	24 30g each



Tip

* Can also use Campbell's® Condensed Reduced Sodium Tomato Soup, 12 x 1.36 L (48 oz), code #18987



INSTRUCTIONS

1. In large high-sided skillet or saucepan set over medium heat, add oil. Add onions, garlic and ginger; cook, stirring occasionally, for 8 to 10 minutes or until starting to soften.
2. Stir in cumin, curry powder, garam masala and turmeric. Cook, stirring frequently, for 1 to 2 minutes or until fragrant. Stir in chickpeas and tomatoes. Cook, stirring occasionally, for 3 to 5 minutes or until well coated.
3. Stir in condensed tomato soup; bring to a boil. Reduce heat to medium-low. Cook, stirring occasionally, for 20 to 25 minutes or until sauce is thickened and flavours are married. Season with pepper.
4. Stir in cilantro and lemon juice. Heat until internal temperature of 165°F (74°C) or higher is held for 15 seconds.

CCP: Hold hot at 140°F (60°C) or higher for serving.

To Serve: Drizzle each serving with 2 tbsp (30 mL) yogurt and serve with 1 naan bread.

CCP: Hold yogurt cold at 40°F (4°C) or colder for service.

CCP:

To add more protein, add diced cooked chicken.

Alternatively, serve over brown basmati rice.