

**\$35** Healthy Meal Plans

Low Carb / Healthy Eating / Vegetarian

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Sunday Slow Cooker: Chana Masala



One of my favorite cuisines to look to when I want a vegetarian meal is Indian food. Not only are the recipes packed with flavor and spice, they are often naturally vegetarian and many times work in the slow cooker, one of my favorite ways to make a lazy meal. This recipe is for a classic chana masala made with chickpeas, tomatoes, and loads of spices. You can amp up the heat factor to your liking by adding extra jalapenos or sneaking in some cayenne pepper. I also sometimes add some kale or spinach to the slow cooker for greens but this veers away from the classic preparation. This will keep great so don't worry about making a big batch. You can freeze it for later.

Slow Cooker Chana Masala

Servings: 6**Serving Size:** 3/4 cup**Nutritional Info:** 231 calories, 4g of fat, 39g of carbohydrates, 8.3g of fiber, 9g of protein, 3.6g of sugar**Weight Watchers® PointsPlus®:** 5 *

Ingredients

- 1 tbsp. butter
- 2 medium onions, diced
- 2 cloves garlic, minced
- 1 tbsp. ginger, minced
- 1-2 jalapenos, seeded and diced
- 1 tbsp. coriander
- 2 tsp. cumin
- 2 tsp. paprika
- 2 tsp. garam masala
- 1 tsp. ground turmeric
- 14 oz. diced tomatoes and juice
- 2/3 cup vegetable broth
- 30 oz. chickpeas, drained and rinsed
- 1/2 tsp. salt
- 1/2 tsp. pepper

Lemon juice for serving

Instructions

1. Option 1 (Preferred): Melt the butter in a large skillet over medium heat. Add the onions and cook for 10-12 minutes until translucent. Add the garlic, ginger, and jalapenos. Cook for 2-3 minutes until fragrant. Add the coriander, cumin, paprika, garam masala, and turmeric. Cook for 30 seconds until fragrant. Add the tomatoes and stir. Pour everything into the slow cooker along with the chickpeas, broth, salt, and pepper. Cook on low for 6 hours. Squeeze lemon juice in before serving.
2. Option 2: Add everything to the slow cooker except the lemon juice. Cook on low for 6 hours.

Recipe adjusted from [Smitten Kitchen](#)

* PointsPlus® calculated by Slender Kitchen; Not endorsed by Weight Watchers International, Inc.

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