

# CHANA PILAU

FROM THE KITCHEN OF *Spogmy*



## INGREDIENTS

1/4 cup oil  
1 medium onion, diced  
2 Tbsp cumin seeds  
1 Tbsp salt  
8 cloves  
1 medium stick cinnamon

2 cups chickpeas  
2 cups basmati rice  
washed and then soaked for 30 minutes  
3 cups water  
1 tsp sugar

## INSTRUCTIONS

In a deep pot, heat the oil and add diced onions. Sauté until the onions turn golden, which should take around 10 minutes.  
Incorporate all the spices, salt. Continue sautéing until the onions reach a dark golden color.

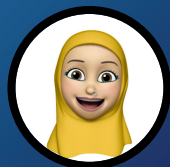
CONTINUED 

Introduce the rice, chickpeas, and 3 cups of water.

Cook the rice and chickpeas over high heat, gently stirring once or twice (avoid breaking the rice) until most of the water has evaporated.

After the water has mostly evaporated, tightly seal the pot with a lid and reduce the heat to the lowest setting. Allow it to steam for 10-15 minutes. To enhance fluffiness and reduce mushiness, consider wrapping the lid in a clean tablecloth to absorb excess steam.

Immediately fluff up the rice using a slotted spoon or fork, even if you don't plan to serve it right away. Add the teaspoon of sugar and enjoy!



*Spogmy*

Spogmy's family were forced to flee Afghanistan when Kabul fell to the Taliban as their connection to the US military meant their home was no longer safe for them. Spogmy has 3 children and loves creating things with her hands, especially sewing and crocheting. She is overjoyed to be in a society that allows her independence and the freedom to sell her handcrafts. She is excited to share her skills with her new community.



**CWS**  
*Harrisburg*

[cwsharrisburg.org](http://cwsharrisburg.org)