



Chickpeas and Tomatoes

Chickpeas, also known as garbanzo beans, are a popular part of vegetarian meals in Northern Africa. In this recipe, chili powder, cumin, and ginger create a wonderful flavor, without too much heat.

CACFP CREDITING INFORMATION

½ cup (No. 8 scoop) provides Legume as Meat Alternate: 1 ½ oz equivalent meat alternate and ¼ cup vegetable OR Legume as Vegetable: ⅝ cup vegetable.

SOURCE

Team Nutrition CACFP Multicultural Recipe Project.

<https://teamnnutrition.usda.gov>

| INGREDIENTS | 25 SERVINGS | | 50 SERVINGS | | DIRECTIONS |
|--|-------------|-----------------------------------|-------------|--|---|
| | Weight | Measure | Weight | Measure | |
| Canola oil | | 1 Tbsp 1 tsp | | 2 Tbsp 2 tsp | <ol style="list-style-type: none"> Heat oil in a large stockpot on medium–high heat. Add onions and sauté until soft. Do not brown. Add the garlic and ginger, stir until fragrant. Add the garbanzo beans (chickpeas), tomatoes and juice, water, chili powder, and cumin. Continue cooking on medium–high heat and bring to a boil. |
| *Onion, fresh, peeled, ¼" diced | 1 lb 7 oz | 1 qt 1 ¼ cup | 2 lb 14 oz | 2 qt 2 ½ cup | |
| *Garlic, fresh, minced | | 4 cloves | | 8 cloves | |
| Ginger, fresh, grated | | 2 tsp | | 1 Tbsp 1 tsp | |
| Garbanzo beans (chickpeas), canned, drained, and rinsed or garbanzo beans, dry, cooked | 3 lb 9 oz | 2 qt 2 ½ cup (1 No. 10 can) | 7 lb 2 oz | 1 gal 1 qt 1 cup (2 No. 10 cans) | |

| INGREDIENTS | 25 SERVINGS | | 50 SERVINGS | | DIRECTIONS |
|--|-------------|--|-------------|--|---|
| | Weight | Measure | Weight | Measure | |
| Tomatoes with juice, canned, low-sodium, diced | 1 lb 10 oz | 3 cup 2 Tbsp ($\frac{1}{3}$ No. 10 can) | 3 lb 4 oz | 1 qt 2 $\frac{1}{4}$ cup ($\frac{1}{2}$ No. 10 can) | |
| Water | | 1 cup | | 2 cup | |
| Chili powder | | 2 tsp | | 1 Tbsp 1 tsp | |
| Cumin, ground | | 2 Tbsp 1 tsp | | $\frac{1}{4}$ cup 2 tsp | |
| | | | | | <p>5 Reduce heat to medium and simmer uncovered for 20 minutes or until there is only enough liquid to cover the bottom of the pan.</p> <p>Critical Control Point: Heat to 140 °F or higher for at least 15 seconds.</p> |
| | | | | | <p>6 Serve $\frac{1}{2}$ cup (No. 8 scoop).</p> <p>Critical Control Point: Hold at 140 °F or higher.</p> |
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NUTRITION INFORMATION

For ½ cup (No. 8 scoop).

| NUTRIENTS | AMOUNT |
|---------------------------|---------------|
| Calories | 120 |
| Total Fat | 3 g |
| Saturated Fat | 0 g |
| Cholesterol | N/A |
| Sodium | 183 mg |
| Total Carbohydrate | 20 g |
| Dietary Fiber | 5 g |
| Total Sugars | 4 g |
| Added Sugars included | N/A |
| Protein | 5 g |
| Vitamin D | N/A |
| Calcium | 44 mg |
| Iron | 1 mg |
| Potassium | N/A |

N/A=data not available.

MARKETING GUIDE

| Food as Purchased for | 25 Servings | 50 Servings |
|-----------------------|-------------|-------------|
| Mature onion | 1 lb 11 oz | 3 lb 5 oz |
| Garlic | 4 cloves | 8 cloves |

NOTES

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

1 clove of garlic is about ½ teaspoon minced.

Tips for Soaking Dry Beans

1 lb dry garbanzo beans (chickpeas) = about 2½ cups dry or 6¼ cups cooked garbanzo beans (chickpeas).

Overnight Method: Add 1¾ qt cold water to every 1 lb of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with recipe.

Quick-Soak Method: Boil 1¾ qt of water for each 1 lb of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour. Discard the water. Proceed with recipe.

Tips for Cooking Dry Beans

Once the beans have been soaked, add 1¾ qt water for every 1lb of dry beans. Boil gently with lid tilted until tender, about 2 hours. Use cooked beans immediately.

Critical Control Point

Hold for hot service at 140 °F or higher or chill for later use. To chill, cool to 70 °F within 2 hours and to 40 °F or lower within an additional 4 hours.

YIELD/VOLUME

| 25 Servings | 50 Servings |
|-------------|------------------|
| 3 qt ½ cup | 1 gal 2 qt 1 cup |
| 6 lb 3 oz | 12 lb 6 oz |

