



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.

Makes: 6 servings **Prep time:** 5 minutes
Cook time: 25 minutes

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INGREDIENTS

- 1 teaspoon** canola oil
- 1 ¼ cups** onion, fresh, peeled, ¼" diced
- 2 cloves** garlic, fresh, minced
(1 clove is about ½ teaspoon minced)
- ½ teaspoon** ginger, fresh, grated
(¼ tsp ginger, ground)
- 2 ½ cups** garbanzo beans (chickpeas), canned, drained, and rinsed; or garbanzo beans, dry, cooked
- 3 cups** tomatoes with juice, canned, low-sodium, diced
- ¼ cup** water
- ½ teaspoon** chili powder
- 1 ½ teaspoons** cumin, ground

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DIRECTIONS

- 1.** Heat oil in a small stockpot on medium–high heat.
- 2.** Add onions and sauté until soft. Do not brown.
- 3.** Add the garlic and ginger. Stir until fragrant.
- 4.** Add the garbanzo beans (chickpeas), tomatoes with juice, water, chili powder, and cumin. Continue cooking on medium–high heat, and bring to a boil.
- 5.** Reduce heat to medium, and simmer uncovered for 10 minutes or until there is only enough liquid to cover the bottom of the pan. Heat to 140 °F or higher for at least 15 seconds.
- 6.** Serve ½ cup.

Critical Control Point: Hold at 140 °F or higher.

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NUTRITION INFORMATION

For ½ cup.

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.

Source: Team Nutrition CACFP
Multicultural Recipe Project.

<https://teamnnutrition.usda.gov>

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CACFP CREDITING INFORMATION

½ cup provides legume as meat
alternate: 1 ½ oz equivalent meat
alternate and ¼ cup vegetable or legume
as vegetable ⅝ cup vegetable.

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CHEF 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.

For Cooking Dry Beans

Once the beans have been soaked, add
1¾ qt water for every 1 lb 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.