

Creamiest Chickpea Curry



Chickpeas, potatoes, and other vegetables simmered in a creamy curry sauce.

Recipe Project Name: Fiscal Year 2021 Cohort A Team Nutrition Training Grant for School Meal Recipe Development
Wisconsin Department of Public Instruction

Preparation Time: 28 minutes

Cook Time: 42 minutes

NSLP/SBP crediting information:

1 ¼ cup (10 fl oz spoodle) provides:

Crediting Chickpeas as Meats/Meat Alternates: 2 ½ oz equivalent meats/meat alternates, ¼ cup red/orange vegetable, ¼ cup starchy vegetable, ⅛ cup other vegetable, ⅛ cup additional vegetable

Or

Crediting chickpeas as Vegetables: ⅝ cup beans and peas (legumes), ¼ cup red/orange vegetable, ¼ cup starchy vegetable, ⅛ cup other vegetable, ⅛ cup additional vegetable.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
*Potatoes, yellow, fresh	5 lb 13 oz		11 lb 10 oz		<ol style="list-style-type: none"> 1. Wash and scrub potatoes. Dice potatoes to uniform size, approximately, ½-inch pieces. 2. Drain and rinse garbanzo beans. 3. Heat oil on medium-high heat in a large brazier pan or tilt skillet. Add onion and sauté for 5-7 minutes, until soft. Add garlic and sauté for another 2 minutes.
Garbanzo beans (chickpeas), canned, low-sodium, undrained	19 lb 11 oz	About 3 No. 10 cans	39 lb 6 oz	About 6 No. 10 cans	
Olive oil		¾ cup		1 ½ cups	



INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
*Onions, yellow, fresh, minced	3 lb	2 qt 2 cups	6 lb	5 qt	
Garlic, fresh, minced		3 Tbsp		¼ cup 2 Tbsp	
Tomatoes, canned, diced, undrained	9 lb 9 oz	About 1 ½ No. 10 cans	19 lb 2 oz	About 3 No. 10 cans	4. Add tomatoes (do not drain), potatoes, curry powder, cumin, salt, garbanzo beans, and water. Stir well. Cover and simmer until potatoes are tender, about 25 minutes, or longer if needed.
Curry powder		1 cup		2 cups	
Cumin, ground		¼ cup		½ cup	
Salt		1 Tbsp 2 tsp		3 Tbsp 1 tsp	
Water		2 qt		1 gal	
Soy milk, unsweetened		2 qt		1 gal	5. Whisk together soy milk and cornstarch until fully combined. Add to pan all at once and stir curry until bubbly and thickened. Critical Control Point: Heat to 135 °F or higher for at least 15 seconds. Hold for hot service at 135 °F or higher.
Cornstarch		1 cup		2 cups	6. Portion 1 ¼ cups with 10 fl oz spoodle.



CREAMIEST CHICKPEA CURRY
NUTRITION INFORMATION

For 1 ¼ cup (10 fl oz spoodle)

NUTRIENTS	AMOUNT
Calories	311
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Total Fat	7 g
Saturated Fat	1 g
Cholesterol	0 mg
Sodium	436 mg
Total Carbohydrate	50 g
Dietary Fiber	3 g
Total Sugars	N/A
Added Sugars included	N/A
Protein	10 g
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Vitamin A	N/A
Vitamin C	N/A
Vitamin D	N/A
Calcium	74 mg
Iron	1 mg
Potassium	N/A

N/A=data not available.

*MARKETING GUIDE		
Food as Purchased for	50 Servings	100 Servings
Onions, yellow, fresh, whole	3 lb 6 oz	6 lb 12 oz
Potatoes, yellow, fresh	5 lb 13 oz	11 lb 10 oz

NOTES
<p>*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.</p> <p>Serve over rice.</p> <p>Cooking Process #2: Same Day Service.</p>

YIELD/VOLUME	
50 Servings	100 Servings
About 31 lb 12 oz	About 63 lb 8 oz
About 4 gal	About 8 gal

SOURCE:

FY 2021 Cohort A Team Nutrition Training Grant

