



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: 1½ oz equivalent meat alternate and ¼ cup vegetable OR Legume as Vegetable: ⅝ cup vegetable.

SOURCE

Team Nutrition CACFP Multicultural Recipe Project.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Canola oil		1 Tbsp 1 tsp		2 Tbsp 2 tsp	1 Heat oil in a large 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 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 1¼ cup	2 lb 14 oz	2 qt 2½ cup	
*Garlic, fresh, minced		4 cloves		8 cloves	
Ginger root, 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 2½ 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>



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 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.

YIELD/VOLUME

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

