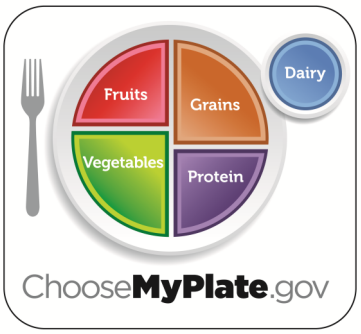

Garbanzo Beans, Canned

MyPlate Food Group: **Vegetable** ***or*** **Protein**

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Nutrition Information

- ½ cup of cooked garbanzo beans counts as 2 ounces in the ChooseMyPlate.gov Protein group or as ½ cup in the Vegetable group.
- Garbanzo beans, also known as chickpeas, are high in protein, fiber, and iron.
- Beans also contain carbohydrates which give you energy.
- Beans and peas are low in fat, calories, and sodium. They do not contain cholesterol.
- For specific information about garbanzo beans, please refer to the product's Nutrition Facts Panel or ingredient list.

Uses and Tips

- Canned garbanzo beans are precooked and do not require any soaking. They do not need to be heated before eating.
- Garbanzo beans are a protein-rich food that can be added to chili dishes, soups, salads, or casseroles. They may also be used in fillings, spreads, or dips and are often found in Mediterranean dishes.
- Canned garbanzo beans can be used in place of cooked, dried garbanzo beans in any recipe.

Storing Foods at Home

- Store unopened canned garbanzo beans in a cool, clean, and dry place.
- After opening, take any unused garbanzo beans out of the can and store them in a tightly covered container in the refrigerator.

MyPlate Facts

- Garbanzo beans supply many nutrients such as protein, iron, zinc, and magnesium.
- In the body, proteins act as building blocks for bones, muscles, and blood.
- Iron is used to carry oxygen in the blood and is important for good health. It is good to eat foods with iron and Vitamin C at the same time. Vitamin C helps the body use iron. Fruits and vegetables have Vitamin C.
- Zinc helps the immune system work properly.
- Magnesium is used to build bones and release energy from muscles.

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Cajun Roasted Garbanzo Beans

Makes 8 servings

Ingredients:

1½ cups garbanzo beans, drained
2 tablespoons olive oil
1 teaspoon Cajun seasoning*

*Tip: If Cajun seasoning is not available, substitute a blend of salt, black pepper, paprika, onion powder and oregano. Add heat with a pinch of cayenne pepper. For variety, try this recipe with other seasonings and flavor combinations like Italian seasoning, curry powder, garlic powder, and more!

Directions:

1. Preheat oven to 350 degrees F.
2. Line a baking sheet with aluminum foil or spray baking sheet with cooking spray.
3. Pat the garbanzo beans dry with a paper towel and discard any excess skins that fall off.
4. In a medium bowl, toss the garbanzo beans with the olive oil and Cajun seasoning.
5. Spread into a single layer on the baking sheet.
6. Bake 50-60 minutes or until garbanzo beans are golden and crisp. Check and stir the garbanzo beans every 10 minutes during baking.
7. Remove from oven and cool completely before serving.

Recipe adapted from North Dakota State University Extension

Hearty Bean Soup with Mixed Veggies

Makes 8 servings

Ingredients:

2 cans garbanzo beans
2 tablespoons oil
2 cups onion, chopped
2 cups chopped vegetables (celery, carrots, bell peppers, or any combination)
3 cloves garlic, minced
8 cups broth or water
¼ teaspoon red pepper flakes (optional)
3 cups chopped greens (kale, spinach, chard, or any combination)
2 tablespoons white vinegar
1 teaspoon salt
¼ teaspoon pepper

Directions:

1. Heat olive oil in a large pot over medium-high heat.
2. Add chopped onion and chopped vegetables and cook for 3 minutes. Add garlic and cook 1 minute more.
3. Add broth or water, beans, and red pepper flakes; bring to a boil. Reduce heat, cover and simmer, 30-45 minutes. Add more broth or water as needed.
4. Stir in greens, vinegar, salt and pepper. Cook until greens are wilted (1 minute for spinach and up to 20 minutes for collards or chard).
5. Serve hot.

Recipe adapted from Camellia Brand Beans

These recipes have not been tested or standardized.