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

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

DIRECTIONS


2. Add the garbanzo beans (chickpeas), tomatoes with juice, water, chili powder, and cumin. Continue cooking on medium–high heat, and bring to a boil.

3. 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.

4. Serve ½ cup.

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

For ½ cup.

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N/A=data not available.

Source: Team Nutrition CACFP
Multicultural Recipe Project.

https://teamnutrition.usda.gov

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CACFP CREDITING INFORMATION

½ cup provides legume as meat alternate: 1½ oz equivalent meat alternate and ¼ cup vegetable; or legume as vegetable ½ 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.