



Greens and Beans Soup

The spice combination of paprika, cumin, cinnamon, ginger, and thyme provides an aromatic blend of scents and introduces children to new flavors. These spices are often combined to be used as rubs for meats or sprinkled on roasted vegetables.

Makes: 6 servings **Prep time:** 20 minutes
Cook time: 35 minutes

the

INGREDIENTS

- 1 tablespoon** canola oil
- ½ cup** onions, fresh, peeled, ¼" diced
- ⅔ cup** sweet potatoes, fresh, peeled, ½" diced
- 2½ cups** garbanzo beans (chickpeas), low-sodium, canned, drained, and rinsed; *or* garbanzo beans, dry, cooked (2½ cups = 14 oz)
- ½ teaspoon** paprika, dried, ground
- ½ teaspoon** cinnamon, dried, ground
- ½ teaspoon** ginger, dried, ground
- ½ teaspoon** cumin, dried, ground
- 1 teaspoon** thyme, dried, ground
- ½ teaspoon** salt, table
- ¼ teaspoon** black pepper, ground
- 5 cups** collard greens, raw, stems removed, chopped into long thick strips (chiffonade), packed
- ¼ cup** salsa, tomato, traditional (not chunky)
- 2 cups** water

the

DIRECTIONS

- 1.** Heat oil in a medium stockpot on medium–high. Add onions and sweet potatoes; sauté until onions are soft. Do not brown.
- 2.** Add garbanzo beans (chickpeas) and dried spices. Continue cooking, stirring frequently, for 1 minute or until seasonings have fully coated the vegetables.
- 3.** Add collard greens, and cook for 1 minute, stirring frequently.
- 4.** Add salsa and 1 cup of water. Bring to a boil.
- 5.** Reduce heat to medium, and simmer covered for 25–30 minutes or until soup has thickened and sweet potatoes are tender. Check frequently to make sure stew is not sticking to the bottom of the pot. Add more water if needed. Heat to 140 °F or higher for at least 15 seconds.
- 6.** Serve ⅔ cup.

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

the

NUTRITION INFORMATION

For $\frac{2}{3}$ cup.

Nutrients	Amount
Calories	134
<hr/>	
Total Fat	4 g
Saturated Fat	0 g
Cholesterol	N/A
Sodium	375 mg
Total Carbohydrate	20 g
Dietary Fiber	6g
Total Sugars	4 g
Added Sugars included	N/A
Protein	6 g
<hr/>	
Vitamin D	N/A
Calcium	74 mg
Iron	1 mg
Potassium	N/A

N/A=data not available.

Source: Team Nutrition CACFP
Multicultural Recipe Project.

<https://teammnutrition.usda.gov>

the

CACFP CREDITING INFORMATION

$\frac{2}{3}$ cup provides legume as meat alternate: $1\frac{1}{2}$ oz equivalent meat alternate and $\frac{1}{4}$ cup vegetable; or legume as vegetable: $\frac{5}{8}$ cup vegetable.

the

CHEF TIPS

Tips for Soaking Dry Beans

1 lb dry garbanzo beans (chickpeas) = about $2\frac{1}{2}$ cups dry or $6\frac{1}{4}$ cups cooked garbanzo beans (chickpeas).

Overnight Method: Add $1\frac{3}{4}$ qts cold water to every 1 lb of dry beans. Cover, and refrigerate overnight. Discard the water. Proceed with recipe.

Quick-Soak Method: Boil $1\frac{3}{4}$ qts 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 $1\frac{3}{4}$ qts water for every 1 lb of dry beans. Boil gently with lid tilted until tender, about 2 hours.

Use cooked beans immediately.