



Recipe Production

Recipe Number: HK2256

Recipe Name: Chickpea Masala

Hot: Yes

Recipe Source: Cook Book

HACCP Process Category:

Complex

Serving Description: 1/2 cup

Projected Yield		Actual Yield		Leftovers	Disposition
Quantity	Serving Size	Quantity	Serving Size		
100	1/2 cup				

Labor				
Employee Name	Start Time	Stop Time	Total Time	Rate

Stock Number	Description	Amount 1	Measure 1	Amount 2	Measure 2	Location
SI511	BEANS GARBANZO VEG PROTEIN HS	48	Pound			(Unassigned)
1311	OIL OLIVE CANOLA BLEND 10 L	3/4	Cup			(Unassigned)
9045	TOMATOES DICED COMM 6/10	10	Pound	12 3/4	Ounce	(Unassigned)
2568	GINGER ROOT 1 LB	1	Cup	10	Tbsp	(Unassigned)
2510	JALAPENO SLICED 6/10	14	Tbsp			(Unassigned)
2570	GARLIC WHOLE PEELED 5 LB	10	Tbsp			(Unassigned)
1017	SPICE CHILI POW 20OZ	6 1/4				(Unassigned)
1123	SPICE CURRY POW ORG 17 OZ BAG	12	Tbsp	1 1/2	tsp	(Unassigned)
2544	SPINACH BABY 4 LB	3	Pound	7 2/3	Ounce	(Unassigned)
2600	CILANTRO 6 CT	2	Pound	8	Ounce	(Unassigned)
1011	SALT KOSHER 12/3 LB	3	Ounce	14 1/8	Gram	(Unassigned)
2574	ONION RED 25 LB	10	Pound	6 2/3	Ounce	(Unassigned)

Cooking Instructions				
Cooking Temperature:	0	Cooking Times:	Hours: 0	Minutes: 0

Pre-Preparation Instructions
 Sourced via partnership with the CIA Healthy Kids Collaborative

- Preparation Instructions**
- 1) Chop onions, garlic, jalapenos and ginger and cilantro.
 - 2) Drain tomatoes reserving liquid.
 - 3) Slightly puree tomatoes using an immersion blender leaving slightly chunky.
 - 4) Heat oil in a large skillet over medium/low heat.
 - 5) Add chili powder and curry powder to skillet and warm for 1 - 2 minutes until fragrant.
 - 6) Add chopped onions, garlic, jalapenos and ginger and sauté for 3 - 5 minutes until fragrant.
 - 7) Once vegetables are soft, add cilantro, salt and pureed tomatoes. and puree with immersion blender until smooth. Add reserved diced tomato liquid while pureeing to help make smooth consistency. Cook for an additional 2 - 3 minutes until sauce is the consistency of a thick gravy.
 - 8) Bring up to a boil and add in drained chickpeas.
 - 9) Reduce heat to medium and cook until chickpeas are heated through, 5 - 7 minutes.
 - 10) Remove from heat. Add spinach. Mix to combine and wilt spinach.

Serving Instructions



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CCP - Minimum internal temperature should be 140. CCP - Hold hot (140 degrees F. or above) for service or cool quickly (per HACCP) to internal temperature of 40 degrees F. or below.

Nutrient	Unit	Recipe Nutrient Value	Nutrient Value per 100 Grams	Nutrient Value per Serving	% of Calories	Missing Value
Food Energy	kcal	31,316.6794	89.7935	313.1668		
Saturated Fat	g	58.3481	0.1673	0.5835	1.68	
Sodium	mg	120,888.9007	346.6216	1,208.8890		
Total Trans	g	0.0000	0.0000	0.0000		*
Total Fat	g	469.0169	1.3448	4.6902	13.48	
Cholesterol	mg	0.0000	0.0000	0.0000		
Carbohydrate	g	5,754.3507	16.4993	57.5435	73.50	
Total Dietary Fiber	g	1,162.1143	3.3321	11.6211		
Protein	g	1,239.5746	3.5542	12.3957	15.83	
Vitamin A (RE)	RE	15,374.7777	44.0837	153.7478		
Vitamin A (IU)	IU	181,350.0219	519.9802	1,813.5002		
Vitamin C	mg	2,311.7428	6.6284	23.1174		
Calcium	mg	26,129.5573	74.9206	261.2956		
Iron	mg	381.4773	1.0938	3.8148		
Moisture	g	21,114.8988	60.5422	211.1490		*
Ash	g	509.2642	1.4602	5.0926		*

Stock Number	Description	Units per		Cases	Broken Units	Broken Unit Description	Actual Used
		Case	Location				
SI511	BEANS GARBANZO VEG PROTEII	1.00	(Unassigned)	241	0.92	3/8 CUP	/
1311	OIL OLIVE CANOLA BLEND 10 L	1.00	(Unassigned)	0	0.02	CONTAINER (/
9045	TOMATOES DICED COMM 6/10	1.00	(Unassigned)	1	0.69	CAN (102 OZ)	/
2568	GINGER ROOT 1 LB	1.00	(Unassigned)	0	0.34	CS (1 LB)	/
2510	JALAPENO SLICED 6/10	1.00	(Unassigned)	0	0.04	CAN (106 OZ)	/
2570	GARLIC WHOLE PEELED 5 LB	1.00	(Unassigned)	0	0.19	LB	/
1017	SPICE CHILI POW 20OZ	1.00	(Unassigned)	1	0.65	OZ	/
1123	SPICE CURRY POW ORG 17 OZ E	1.00	(Unassigned)	2	0.65	OZ	/
2544	SPINACH BABY 4 LB	1.00	(Unassigned)	3	0.48	LB	/
2600	CILANTRO 6 CT	1.00	(Unassigned)	14	0.29	BUNCH	/
1011	SALT KOSHER 12/3 LB	1.00	(Unassigned)	0	0.07	BOX (3 LB)	/
2574	ONION RED 25 LB	1.00	(Unassigned)	10	0.42	LB	/

REPORT CRITERIA:

Sections Filter(s):

Criteria Filter(s):

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