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Chickpeas & Tomatoes

Prep time: 5 minutes**Cook time:** 25 minutes**Makes:** 25 or 50 Servings

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.



Ingredients	25 Servings		50 Servings	
	Weight	Measure	Weight	Measure
Canola oil		1 Tbsp 1 tsp		2 Tbsp 2 tsp
*Onion, fresh, peeled, 1/4" diced	1 lb 7 oz	1 qt 1 1/4 cups	2 lb 14 oz	2 qts 2 1/2 cups
*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 lbs 9 oz	2 qts 2 1/2 cups (1 No. 10 can)	7 lbs 2 oz	1 gallon 1 qt 1 cup (2 No. 10 cans)
Tomatoes with juice, canned, low-sodium, diced	1 lb 10 oz	3 cups 2 Tbsp (1/3 No. 10 can)	3 lbs 4 oz	1 qt 2 1/4 cups (1/2 No. 10 can)
Water		1 cup		2 cups
Chili powder		2 tsp		1 Tbsp 1 tsp
Cumin, ground		2 Tbsp 1 tsp		1/4 cup 2 tsp

Directions

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. 1 clove of garlic is about 1/2 teaspoon minced.
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.
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. Critical Control Point: Heat to 140 °F or higher for at least 15 seconds.
6. Serve 1/2 cup (No. 8 scoop). Critical Control Point: Hold at 140 °F or higher.

Notes

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

Tips for Soaking Dry Beans:

1 lb. dry garbanzo beans (chickpeas) = about 2 1/2 cups dry or 6 1/4 cups cooked garbanzo beans (chickpeas).

Overnight Method: Add 1 3/4 qt. cold water to every 1 lb. of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with recipe.

Quick-Soak Method: Boil 1 3/4 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 1 3/4 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.

For a household recipe that yields 6 servings see: <https://whatscooking.fns.usda.gov/recipes/child-nutrition-cnp/chickpeas-tomatoes>.

My Notes

Source: Team Nutrition: Adapted from recipe provided by Learning Care Group.

Nutrition Information

Nutrients	Amount	Meal Components
Calories	120	Vegetables
Total Fat	3 g	Red & Orange 1/4 cup
Saturated Fat	0 g	Meat / Meat Alternate 1 1/4 ounces
Cholesterol	N/A	For more information on meal components and crediting, please visit the Food Buying Guide for Child Nutrition Programs.
Sodium	183 mg	
Total Carbohydrate	20 g	
Dietary Fiber	5 g	
Total Sugars	N/A	
Added Sugars included	N/A	
Protein	5 g	
Vitamin D	N/A	
Calcium	44 mg	
Iron	1	
Potassium	N/A	
N/A - data is not available		