

Curried Chickpeas

BY **CHEF VINCENT "VIN" CONNELLY**, KITCHEN MANAGER, CAMBRIDGE RINDGE AND LATIN SCHOOL

1¼ cups vegetable oil
2/3 cup chopped garlic
5 large Spanish onions, peeled and diced (about 1¾ pounds)
7 medium red bell peppers, cored and diced (2 pounds)
2½ teaspoons kosher salt
12 tablespoons curry powder
4 teaspoons black pepper
10 cups water
15 cups crushed tomatoes (almost 5 #2½ cans)
5 #10 cans chickpeas, drained and rinsed (50 cups)

YIELD: 100 SERVINGS (K-5) * SERVING SIZE: 5/8 CUP

Heat oil in a large pot over medium heat.

When oil is hot, add garlic and cook for 30 seconds.

Add onions and bell peppers. Sprinkle ingredients with salt.

Cook until the vegetables begin to soften, stirring occasionally.

Stir in curry powder and black pepper.

Add water and bring mixture to a boil over high heat.

Reduce heat and simmer for 5 minutes.

Stir in crushed tomatoes and chickpeas. Bring to a boil over high heat once again.

Reduce heat and simmer for 20 minutes.

Season chickpeas with salt and black pepper.

NUTRITIONAL INFORMATION

CALORIES: 190; SODIUM: 312.70 MG; SATURATED FAT: 2.58%

USDA REQUIREMENTS MET

5/8 CUP TOTAL VEGETABLES
(1/2 CUP LEGUME VEGETABLE, 1/8 CUP RED OR ORANGE VEGETABLE)