



SPANISH CHICKPEA STEW

SERVINGS: 50 SERVINGS CALORIES: 241 KCAL

The mild spicing of cumin and paprika, the heartiness of chickpeas, the soothing taste of spinach, the slight acidity of tomatoes, and the sweetness of golden raisins, create a delicious stew that will make your mouth water.

INGREDIENTS

1-½ cup Olive oil, extra virgin
 3 ounces Garlic, fresh, minced
 5 pounds Onions, fresh, diced
 ¼ cup 1-⅓ tablespoons Paprika, sweet
 1 tablespoon Cumin, ground
 4 pounds 8 ounces Spinach, frozen, chopped
 8 pounds 2 ounces Garbanzo beans (chickpeas), canned, low-sodium, drained, rinsed *Or 8 pounds 2 ounces Garbanzo beans (chickpeas), dry, cooked
 2 pounds 6 ounces Raisins, golden, seedless
 2 pounds 10 ounces Tomatoes, diced, canned, low-sodium
 3 quarts ½ cup Chicken stock, low-sodium
 ½ cup Vinegar, red wine
 2 teaspoons Salt
 2 teaspoons Black pepper, ground

INSTRUCTIONS

1. Heat oil in roasting pan/square head pan (20 7/8" x 17 3/8" x 7").
Add garlic and sauté for 2-3 minutes. Add onions. Continue to sauté for 5-7 minutes until the onions are translucent.
2. Mix in paprika and cumin.
3. Add spinach and sauté for 15 minutes.
4. Mix in garbanzo beans (chickpeas), raisins, tomatoes, and stock. Bring to a boil. Reduce heat to low. Simmer uncovered for 15 minutes or until raisins are plump.
5. Add vinegar, salt, and pepper. Mix well.
Critical Control Point: Heat to 135 °F or higher for at least 15 seconds.
6. Critical Control Point: Hold at 135 °F for hot service.
7. Portion with 8 fl oz ladle (1 cup).

RECIPE NOTES

Special tip for preparing dry beans: **SOAKING BEANS OVERNIGHT METHOD:** Add 1-¾ quarts cold water to every 1 pound of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with recipe.

QUICK-SOAK METHOD: Boil 1-¾ quarts of water for each 1 pound 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.

COOKING BEANS: Once the beans have been soaked, add 1-¾ quarts water for every pound of dry beans. Boil gently with lid tilted until tender, about 2 hours.

Use hot beans immediately.

Critical Control Point: Hold for hot service at 135 °F or higher. OR

Chill for later use.

Critical Control Point: Cool to 70 °F within 2 hours and to 40 °F or lower within an additional 4 hours.

1 pound dry garbanzo beans (chickpeas) = about 2-½ cups dry or 6-¼ cups cooked garbanzo beans (chickpeas).

Skyline High School is located on a beautiful 45-acre campus at the crest of the Oakland Hills in California. The recipe challenge team grew out of an existing afterschool cooking academy that teaches cooking skills and nutrition. The opportunity to participate in the challenge was presented to the cooking academy, and several students participated. The team partnered with a local chef who brought in three concepts for recipes that the students prepared and tasted. The aromas that resulted from cooking the recipes enticed even more students to join the team. After conducting taste tests

and receiving approvals by the students, the team eventually submitted not one, but two stew recipes which were both selected to be featured in this cookbook: Spanish Chickpea Stew and Sweet Potato and Black Bean Stew.

The hearty Spanish Chickpea Stew will make a delightful addition to any menu. The flavors of this stew are well-balanced by the slight acidity of the tomatoes, creating a delicious main dish when served over brown rice or whole-wheat couscous.

Crediting: 1 cup (8 fl oz ladle) provides: Legume as Meat Alternate: 1-½ ounce equivalent meat alternate, 1/8 cup dark green vegetable, ¼ cup other vegetable, and ¼ cup fruit.

OR

Legume as Vegetable: 3/8 cup legume vegetable, 1/8 cup dark green vegetable, ¼ cup other vegetable, and ¼ cup fruit.

NUTRITION FACTS PER SERVING (8OUNCES)

Calories: 241 kcal | Fat: 7.9 g | Saturated fat: 1.1 g | Sodium: 156.06 mg | Carbohydrates: 37.92 g | Fiber: 5.62 g | Protein: 7.8 g

This recipe has not been tested or standardized by Healthy School Recipes. The outcome, allergen information, and nutrient data may vary depending on the specific ingredients and equipment used in your location.