Drain and rinse canned beans to reduce sodium (salt)

Add garbanzo beans to ground meat in chili, tacos, or hamburger skilletsthisis adds nutrition and allows you to stretch expensive ingredients further.

Boost protein by adding garbanzo beans to salads, pastas, scrambled eggs, burritos, stir fries, curries, soups, and stews... the options are endless!

You can prepare a whole package of dried beans and freeze leftovers for up to 3 months.

Remember to rinse all fruits and vegetables before using.

When Using Dried Beans

- Dried beans can be kept in an airtight container for a year.
- Before preparing dried beans, sort through for tiny pebbles or shriveled beans.
- To cut down on cooking time, you can soak garbanzo beans before they are cooked. To soak, cover beans in cold water and bring to a gentle boil, then turn off the heat and allow beans to soak in the water for 1-2 hours. Drain water and rinse with fresh water.
- To cook beans, cover with fresh water and simmer for 1-2 hours, depending on whether you pre-soaked or not. Do not let beans dry out, beans should always be covered with water.
- One pound of dried beans (2 cups) equals 5 to 6 cups of cooked beans.
- You can use dried beans in place of canned beans. 1 (15oz.) can of beans equals 1/3 cup of dried beans once cooked.

RECIPEs

Garbanzo Bean Stir-Fry

Ingredients:
- 1 Tbsp. oil
- 1 onion, chopped,
- 3 garlic cloves, minced
- 2 cans garbanzo beans, drained & rinsed
- 4 cups chopped kale or spinach

- 1 Tbsp. fresh oregano OR 1 tsp. dried oregano
- 2 tsp. parsley (optional)
- 2 Tbsp. lemon juice (optional)
- Salt and pepper to taste

Directions:
1. In a large frying pan, heat the oil over medium heat. Add onions, garlic and cook until soft.
2. Add beans and cook for about 5 minutes.
3. Add kale or spinach, oregano, parsley, and cook for 6 more minutes. Remove from heat and add lemon juice. Mix well.
4. Season with salt and pepper and serve immediately. Refrigerate leftovers.

Find more online at: www.gcfb.org/recipes_resources
Oven-Roasted Garbanzo Beans

**Ingredients:**
- 2 (15oz.) cans garbanzo beans, drained & rinsed
- 1/2 tsp. salt
- 2 Tbsp. oil
- 2-4 tsp. seasonings (chili powder, basil, or garlic powder)

**Directions:**
1. Preheat oven to 400°F. Pour the garbanzo beans onto a clean, dry kitchen towel. Rub vigorously until dried and the paper skins start to fall off. (It is not required to remove all skins, but roasted beans taste better if you do.)
2. Transfer beans to a medium bowl. Add oil, salt, and seasonings and toss to coat.
3. Pour on prepared baking sheet. Bake on center rack until the beans are golden brown and crispy, dry on the outside but soft on the inside, about 25 minutes. Stir or shake the baking sheet every 10 minutes.
4. Serve warm or cool completely before storing in an air-tight container. Once cooled, the garbanzo beans will go from crispy to chewy.

Garlic Garbanzo Bean Soup

**Ingredients:**
- 1 Tbsp. oil
- 1 small onion, diced
- 1 can diced tomatoes
- 2 cans garbanzo beans, drained & rinsed
- 4 cups water or broth
- 1/2 Tbsp. salt
- 4 cloves garlic, minced OR 2 Tbsp. garlic powder
- 1 lime, juiced (optional)
- Fresh chopped parsley and cilantro (optional)
- Yogurt (optional)
- Jalapeños, chopped (optional)
- Chili flakes (optional)

**Directions:**
1. In a large pot over medium heat, add the oil and sauté the onion for a few minutes until nearly golden. If using fresh garlic, sauté now for 1 minute.
2. Stir in tomatoes, salt, and add in the liquid (water or broth) and drained garbanzo beans and allow that to simmer for at least 30 minutes. Serve the garbanzo bean soup and top with your favorite optional toppings.

Garbanzo Bean Cakes

**Ingredients:**
- 1 (15oz.) can garbanzo beans, drained & rinsed
- 1/4 cup parsley OR 2 Tbsp. dried parsley
- 1 egg
- 1 tsp. minced garlic OR 2 tsp. garlic powder
- 1/2 tsp. salt
- 1/4 tsp. black pepper
- 1/2 tsp. paprika (optional)
- 1/2 tsp. cumin (optional)
- 1/4 tsp. cayenne pepper (optional)
- 1/4 cup whole-wheat flour
- 1/4 cup oil for frying

**Directions:**
1. Place the garbanzo beans in a food processor. Pulse to coarsely grind, not until smooth but with no whole beans remaining. Alternatively, you can use a potato masher.
2. Add the remaining ingredients except for the oil and process into a course mixture. If the mixture is too dry, add 1-2 Tbsp. water and briefly process to incorporate.
3. Heat the oil in a large skillet over medium heat. Drop the batter into the skillet, about 1/4 cup per cake. Sauté for 2 minutes per side, or until golden brown. Set on a cooling plate on serve.

Italian Garbanzo Bean Salad

**Ingredients:**
- 3/4 cup oil
- 1/4 cup vinegar
- 2 tsp. garlic powder
- 1 Tbsp. lemon or lime juice (optional)
- 1 tsp. dried basil
- 1 tsp. dried oregano
- 2 Tbsp. parmesan cheese
- 2-3 cans (16oz.) garbanzo beans, drained & rinsed
- 1 can (15oz.) corn, drained
- 1 English cucumber, chopped small
- 1 red bell pepper, diced small
- 1 large ripe avocado, chopped (optional)
- 1/2 red onion, diced
- 1 tsp. each salt and pepper

**Directions:**
1. Combine oil, vinegar, garlic powder, lemon or lime juice, basil, oregano, and parmesan cheese to prepare the dressing. Mix well.
2. Combine garbanzo beans, corn, cucumber, red pepper, avocado, and red onion. Pour dressing over the salad. If desired, season with salt and pepper. Toss and serve.

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