

HEALTHY WAYS GARBANZO BEANS



Another name for Garbanzo beans is chickpeas.

Preparation Tips:

- Drain and rinse canned beans to reduce sodium (salt)
- Add garbanzo beans to ground meat in chili, tacos, or hamburger skillet—this 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:

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| 1 Tbsp. oil | 1 Tbsp. fresh oregano OR 1 tsp. dried oregano |
| 1 onion, chopped, | 2 tsp. parsley (optional) |
| 3 garlic cloves, minced | 2 Tbsp. lemon juice (optional) |
| 2 cans garbanzo beans, drained & rinsed | Salt and pepper to taste |
| 4 cups chopped kale or spinach | |

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.



MAKE IT A MEAL: RECIPES



Oven-Roasted Garbanzo Beans

Ingredients:

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| 2 (15oz.) cans garbanzo beans, drained & rinsed | 2 Tbsp. oil |
| 1/2 tsp. salt | 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:

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

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

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:

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