



SWEET AND SOUR CHICKPEAS

MATERIALS:

Can opener
Colander
Cutting board
Measuring cups
Measuring spoons
Sharp knife
2 pans

INGREDIENTS:

- 1 clove of minced garlic
- 1 can of green beans, drained and rinsed.
- 1/2 cup brown rice (Cooked)
- 1 can cooked chickpeas (2 cups), drained and rinsed.

Sauce:

- 1/2 tablespoon brown sugar
- 2 tablespoons soy sauce
- 2 tablespoons of vinegar
- 1/2 tablespoon of tomato paste
- 1/4 cup of water

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DIRECTIONS:

1. Add the garlic to a non-stick pan and sauté for around 2 minutes. Then, add the green beans and sauté for around 3 minutes more, until softened.
2. Meanwhile, In another small pan over low- heat prepare the sauce by stirring together sugar, soy sauce, vinegar, tomato paste and water.
3. Add the chickpeas, and mixture of sauce to large the saucepan. Cook on a low-medium heat for around 5 minutes, until the sauce had thickened. Serve immediately with brown rice.