

Garbanzo Beans



Key Points

- Before preparing dried beans, sort through for tiny pebbles or shriveled beans.
- Dried beans need to be soaked before they are cooked.
- The best way to soak dried beans is to cover them in cold water and bring to a gentle boil, turn off the heat and allow beans to soak in the water for 1-2 hours. *Do not add salt to the soaking water.* Drain water and rinse with fresh water.
- To cook beans, cover with fresh water and simmer for 1–2 hours. Do not let beans dry out, beans should always be covered with water.



Garbanzo Bean Stir-Fry

Ingredients:

1 tablespoon vegetable oil
1 onion chopped
3 garlic cloves minced
2 cups cooked chickpeas
4 cups chopped kale leaves
1 tablespoon chopped fresh oregano,
or (1 teaspoon dried oregano)
2 teaspoons parsley (optional)
2 tablespoons lemon juice
Salt and pepper to taste

Directions:

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

Makes 4 servings.

Adapted from 101cookbooks.com

Garbanzo Bean Salad

Ingredients:

2 cups cooked chickpeas
1/2 cup chopped red onion
1 cucumber diced
1/3 cup chopped bell pepper
2 tomatoes chopped
1 tablespoon vegetable oil
1/3 cup vinegar
1 tablespoon chopped fresh oregano
(or 1 teaspoon dried oregano) optional
Salt and pepper to taste

Directions:

1. In a large bowl combine chickpeas, onion, cucumber, bell pepper, and tomatoes.
2. In a small bowl, combine oil, vinegar, oregano, salt and pepper.
3. Add oil and vinegar dressing to chickpea mixture. Mix well.
4. Serve immediately or chill before serving.
5. Refrigerate leftovers.

Makes 5 servings.

Adapted from allrecipes.com

Quick Tips

- Another name for Garbanzo beans is chickpeas.
- One pound dried beans (2 cups) equals 5 to 6 cups cooked beans.
- Beans are an inexpensive source of protein and fiber.
- Dried beans can be kept in an airtight container for a year.
- Remember to rinse all fruits and vegetables before using.



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