

Recipes Using Canned Garbanzo (Chickpea) Beans



Neighbors, Inc., South St. Paul, MN 55075

Roasted Garbanzo Snack

You will need:

1 (15 oz.) can garbanzo beans, rinsed and drained	2 tbsp. olive oil	1 tbsp. ground cumin
1 tsp. garlic powder	$\frac{1}{2}$ tsp. chili powder	1 pinch of sea salt or regular salt
1 pinch ground black pepper	1 dash of crushed red pepper	

Instructions:

- . Preheat oven to 350 degrees F.
- . Whisk oil, cumin, garlic powder, chili powder, salt, pepper, and red pepper together in a small bowl.
- . Add garbanzo beans and toss to coat. Spread in a single layer on a baking sheet.
- . Roast in the preheated oven for about 45 minutes.
- . Stir constantly until nicely browned and slightly crispy.

Five Minute Chocolate Humus

You will need:

1 (15 oz.) can garbanzo beans, drained and rinsed three times	5 tbsp. maple syrup (start with 4 tbsp.)	
4 tbsp. unsweetened cocoa powder	$\frac{1}{2}$ tsp. vanilla	2 tbsp. water
2 tbsp. mild cooking oil, such as canola	optional addition: 2 tbsp. peanut butter	

Instructions:

- . In a food processor or blender combine all of the ingredients except the water.
- . Puree the mixture until it is smooth. Add the water 1 tbsp. at a time to create desired consistency.
- . Taste the humus and add remaining maple syrup if, desired, for more sweetness.
- . Add 2 tbsp. of peanut butter, if desired.
- . You may substitute honey for the maple syrup.

Garbanzo Bean Salad

You will need:

1 (15 oz.) can garbanzo beans, drained	2 tbsp. red onion, chopped	2 cloves garlic, minced
1 tomato, chopped	$\frac{1}{2}$ cup chopped parsley	3 tbsp. olive oil
1 tbsp. lemon juice	salt and pepper to taste	

Instructions:

- . In a large bowl, combine the garbanzo beans, red onion, garlic, tomato, parsley, oil and lemon juice.
- . Add salt and pepper to taste. Chill for 2 hours before serving. Taste and adjust seasonings. Serve.

Garbanzo Bean Soup

You will need:

2 (15 oz.) cans garbanzo beans	1 (14.5 oz.) can peeled and diced tomatoes	salt and pepper to taste
1 tsp. oil	1 cup small pasta such as small rings	

Instructions:

- . Combine the tomatoes, olive oil, and 1 $\frac{1}{2}$ cans of the beans in a large saucepan. Bring to a boil.
- . Puree the remaining $\frac{1}{2}$ can of garbanzo beans in a blender or food processor.
- . Stir into the saucepan. Place the whole sprigs of rosemary into the pan.
- . The sprigs will be removed before serving. Add the pasta and stir to prevent sticking.
- . Simmer until the pasta is soft. Remove rosemary and season with salt and pepper. Serve.

Chicken with Garbanzo Beans

You will need:

1 (15 oz.) can garbanzo beans, drained	2 tbsp. paprika	1 $\frac{1}{2}$ tsp. salt
$\frac{3}{4}$ tsp. black pepper	$\frac{1}{2}$ tsp. garlic powder	$\frac{1}{4}$ tsp. oregano
2 lb. chicken thighs; bone-in, skin-on	1 medium onion, thinly sliced	2 tbsp. olive oil
1 lemon, juiced and zested	$\frac{1}{4}$ chopped fresh cilantro or parsley	

Instructions:

- Preheat oven to 350 degrees F. Stir together paprika, salt, garlic powder, pepper and oregano.
- Place the chicken thighs in a bowl and toss completely with the spices. Refrigerate for 1 hour or more.
- Place thinly sliced onions in the bottom of a casserole dish large enough to hold the chicken and beans.
- Toss with about 1 tsp. of olive oil and spread out in an even layer at the bottom of the dish.
- Add the garbanzo beans, lemon juice, lemon zest and remaining oil to the bowl with the chicken.
- Toss to coat the chicken evenly with the mixture. Arrange the chicken pieces evenly in the casserole.
- Arrange the beans between the chicken pieces. Bake for 30-45 minutes.
- Remove from oven when chicken is completely cooked and tops are browned.
- Sprinkle with fresh chopped cilantro or parsley. Add more salt and pepper to taste.

Orange Spice Garbanzo Bars

You will need:

1 (15 oz.) can garbanzo beans, drained	2 tsp. ground cinnamon	$\frac{1}{2}$ tsp. ground cloves, optional
3 eggs, beaten	$\frac{1}{2}$ cup white sugar	2 tsp. baking powder
1 orange, zested and juiced		

Instructions:

- Preheat oven to 350 degrees F. Grease an 8-inch square cakepan or line with parchment paper.
- Process garbanzo beans in a food processor until smooth or mash with a fork until smooth.
- Add cinnamon and cloves and pulse until combined.
- Add eggs, sugar, baking powder and orange zest. Process until just combined.
- Stir orange juice into garbanzo mixture. Pour batter into prepared pan.
- Bake in preheated oven until toothpick inserted comes out clean about 30 - 40 minutes.
- Remove from cake pan and cool completely on a wire rack before frosting.
- Optional - Frost with cream cheese and butter frosting. Top with chopped with walnuts.

Garbanzo Bean Chocolate Torte

You will need:

1 (15 oz.) can garbanzo beans, drained	1 $\frac{1}{2}$ cups semisweet chocolate chips	4 eggs
$\frac{3}{4}$ cup white sugar	$\frac{1}{2}$ tsp. baking powder	frosting of choice

Instructions:

- Preheat oven to 350 degrees F. Grease a 9-inch round cake pan or use a mini muffin pan with liners.
- Place chocolate chips in a micro-wave safe bowl.
- Cook in microwave oven for about 2 minutes. If you have a powerful microwave, reduce power to 50%.
- Stir every 20 seconds until chocolate is melted and smooth. Set aside.
- Combine the beans and eggs in the bowl of a food processor. Process until smooth.
- Add sugar and baking powder and pulse to blend. Pour in the melted chocolate. Blend until smooth.
- Scrape down corners to make sure chocolate is completely mixed. Transfer mixture to cake pan.
- Bake 30 - 49 minutes in preheated oven or until toothpick comes out clean. Dust with sugar when cool.
- Bake for 12 - 14 minutes if making (48) mini cupcakes. Frost with favorite chocolate frosting.