

Spanish Chickpea Stew

Meal Components: Fruits, Vegetable - Dark Green, Vegetable - Other, Meat / Meat Alternate

Soups & Stews, H-11r

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Extra virgin olive oil		3/4 cup		1 1/2 cups	<ol style="list-style-type: none"> Heat oil: Add garlic and sauté for 2-3 minutes. Add onions. Continue to sauté for 5-7 minutes until the onions are translucent.
Fresh garlic, minced		2 Tbsp 2 tsp	3 oz	1/4 cup 1 1/3 Tbsp	
*Fresh onions, diced	2 lb 8 oz	2 qt	5 lb	1 gal	<ol style="list-style-type: none"> Mix in paprika and cumin.
Sweet paprika		2 Tbsp 2 tsp		1/4 cup 1 1/3 Tbsp	
Ground cumin		1 1/2 tsp		1 Tbsp	
Frozen spinach, chopped	2 lb 4 oz	3 qt	4 lb 8 oz	1 gal 2 qt	<ol style="list-style-type: none"> Add spinach and sauté for 15 minutes.
Canned low-sodium garbanzo beans (chickpeas), drained, rinsed	4 lb 1 oz	2 qt 2 cups (1 No. 10 can)	8 lb 2 oz	1 gal 1 qt (2 No. 10 cans)	<ol style="list-style-type: none"> Mix in garbanzo beans (chickpeas), raisins, tomatoes, and stock. Bring to a boil. Reduce heat to low. Simmer uncovered for 15 minutes or until raisins are plump.
OR	OR	OR	OR	OR	
*Dry garbanzo beans (chickpeas),	4 lb 1 oz	2 qt 2 cups	8 lb 2 oz	1 gal 1 qt	

Golden seedless raisins	1 lb 3 oz	3 3/4 cups	2 lb 6 oz	1 qt 3 1/2 cups	
Canned low-sodium diced tomatoes	1 lb 5 oz	2 1/2 cups (1/4 No. 10 can)	2 lb 10 oz	1 qt 1 cup (1/2 No. 10 can)	
Low-sodium chicken stock		1 qt 2 1/4 cups		3 qt 1/2 cup	
Red wine vinegar		1/4 cup		1/2 cup	5. Add vinegar, salt, and pepper. Mix well.
Salt		1 tsp		2 tsp	
Ground black pepper		1 tsp		2 tsp	

6. Critical Control Point: Hold at 135 °F for hot service.

7. Portion with 8 fl oz ladle (1 cup).

Notes

Our Story

Skyline High School is located on a beautiful 45-acre campus at the crest of the Oakland Hills in California. The recipe challenge team grew out of an existing afterschool cooking academy that teaches cooking skills and nutrition. After conducting taste tests and receiving approvals by the students, the team eventually submitted not one, but two stew recipes which were selected to be featured in this cookbook: Spanish Chickpea Stew and Sweet Potato and Black Bean Stew.

The hearty Spanish Chickpea Stew will make a delightful addition to your menu. The flavors of this stew are well-balanced by the slight acidity of the tomatoes, creating a delicious main dish when served over brown rice or whole-wheat couscous.

Skyline High School

Oakland, California

School Team Members

School Nutrition Professional: Donnie Barcliff

Chef: Jenny Huston

Community Members: Rusty Hopewell (Health Center Nutritionist) and Sage Moore

Students: Karen M., Quailyn S., and Rudy R.

1 cup provides:

Legume as Vegetable: 3/8 cup legume vegetable, 1/8 cup dark green vegetable, 1/4 cup other vegetable, and 1/8 cup fruit.

OR

Legume as Meat Alternate: 1 1/2 oz meat alternate, 1/8 cup dark green veg., 1/4 cup other veg., and 1/4 cup fruit; OR Legume as Vegetable: 3/8 cup legume veg., 1/8 cup dark green veg., 1/4 cup other veg., and 1/4 cup fruit

Legume vegetable can be counted as either a meat alternate or as a legume vegetable but not as both simultaneously

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.

Special tip for preparing dry beans:

SOAKING BEANS

OVERNIGHT METHOD: Add 1 ¾ qt cold water to every 1 lb of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with recipe.

QUICK-SOAK METHOD: Boil 1 ¾ qt of water for each 1 lb of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour. Discard the water.

Proceed with recipe.

COOKING BEANS

Once the beans have been soaked, add 1 ¾ qt water for every lb of dry beans. Boil gently with lid tilted until tender, about 2 hours.

Use hot beans immediately.

Critical Control Point: Hold for hot service at 135 °F or higher.

OR

Chill for later use.

Critical Control Point: Cool to 70 °F within 2 hours and to 40 °F or lower within an additional 4 hours.

1 lb dry garbanzo beans (chickpeas) = about 2 ½ cups dry or 6 ¼ cups cooked garbanzo beans (chickpeas).

Marketing Guide

Food as Purchased for	25 Servings	25 Servings
Mature onions	2 lb 4 oz	4 lb 8 oz
Dry garbanzo beans (chickpeas)	1 lb 10 oz	3 lb 4 oz

Serving	Yield	Volume
1 cup (8 fl oz ladle) provides: Legume as Meat Alternate: 1 1/2 oz meat alternate, 1/8 cup dark green veg., 1/4 cup other veg., and 1/4 cup fruit; OR Legume as Vegetable: 3/8 cup legume veg., 1/8 cup dark green veg., 1/4 cup other veg., and 1/4 cup fruit	25 Servings: about 13 lb 12 oz	25 Servings: 1 gallon 3 quarts
	50 Servings: about 27 lb 8 oz	50 Servings: 3 gallons 2 quarts

Nutrients Per Serving

Calories	241	Saturated Fat	1 g	Iron	2 mg
Protein	8 g	Cholesterol		Calcium	156 mg
Carbohydrate	38 g	Vitamin A	3325 IU	Sodium	156 mg
Total Fat	8 g	Vitamin C	7 mg	Dietary Fiber	6 g