

Spanish Chickpea Stew

Meal Components: Meat Alternate-Legume Vegetable-Dark Green Vegetable-Other Vegetable-Fruit

Soups H-11r

Ingredients	25 Servings		50 Servings		Directions Process #2: Same Day Service
	Weight	Measure	Weight	Measure	
Extra virgin olive oil		¾ cup		1 ½ cups	1. Heat oil: For 25 servings, use a large stock pot. For 50 servings, use one roasting pan/square head pan. (20 7/8" x 17 3/8" x 7") 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	¼ cup 1 ½ Tbsp	
*Fresh onions, diced	2 lb 8 oz	2 qt	5 lb	1 gal	2. Mix in paprika and cumin.
Sweet paprika		2 Tbsp 2 tsp		¼ cup 1 ½ Tbsp	
Ground cumin		1 ½ tsp		1 Tbsp	3. Add spinach and sauté for 15 minutes.
Frozen spinach, chopped	2 lb 4 oz	3 qt	4 lb 8 oz	1 gal 2 qt	
Canned low-sodium garbanzo beans (chickpeas), drained, rinsed OR *Dry garbanzo beans (chickpeas), cooked (See Notes Section)	4 lb 1 oz OR 4 lb 1 oz	2 qt 2 cups (1 No. 10 can) OR 2 qt 2 cups	8 lb 2 oz OR 8 lb 2 oz	1 gal 1 qt (2 No. 10 cans) OR 1 gal 1 qt	4. 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.
Golden seedless raisins	1 lb 3 oz	3 ¾ cups	2 lb 6 oz	1 qt 3 ½ cups	
Canned low-sodium diced tomatoes	1 lb 5 oz	2 ½ cups (¼ No. 10 can)	2 lb 10 oz	1 qt 1 cup (½ No. 10 can)	5. Add vinegar, salt, and pepper. Mix well. Critical Control Point: Heat to 140 °F or higher for at least 15 seconds.
Low-sodium chicken stock		1 qt 2 ¼ cups		3 qt ½ cup	
Red wine vinegar		¼ cup		½ cup	6. Critical Control Point: Hold at 135 °F for hot service.
Salt		1 tsp		2 tsp	
Ground black pepper		1 tsp		2 tsp	7. Portion with 8 fl oz ladle (1 cup).

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Notes
<p>*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.</p> <p>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.</p> <p>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.</p> <p>1 lb dry garbanzo beans (chickpeas) = about 2 ½ cups dry or 6 ¼ cups cooked garbanzo beans (chickpeas).</p>

Marketing Guide		
Food as Purchased for	25 servings	50 servings
Mature onions	2 lb 4 oz	4 lb 8 oz
Dry garbanzo beans (chickpeas)	1 lb 10 oz	3 lb 4 oz

Nutrients Per Serving					
Calories	241.00	Saturated Fat	1.10 mg	Iron	2.22 mg
Protein	7.80 g	Cholesterol	0 mg	Calcium	93.35 mg
Carbohydrate	37.92 g	Vitamin A	3324.60 IU	Sodium	156.06 mg
Total Fat	7.90 g		(158.85 RAE)	Dietary Fiber	5.62 g
		Vitamin C	6.53 mg		

Serving	Yield	Volume
1 cup (8 fl oz ladle) provides:	25 Servings: about 13 lb 12 oz	25 Servings: 1 gallon 3 quarts
<p>Legume as Meat Alternate: 1 ½ oz equivalent meat alternate, ½ cup dark green vegetable, ¼ cup other vegetable, and ¼ cup fruit.</p> <p>OR</p> <p>Legume as Vegetable: ¾ cup legume vegetable, ¾ cup dark green vegetable, ¼ cup other vegetable, and ¼ cup fruit.</p> <p><i>Legume vegetable can be counted as either a meat alternate or as a legume vegetable but not as both simultaneously.</i></p>	50 Servings: about 27 lb 8 oz	50 Servings: 3 gallons 2 quarts