

Spanish Chickpea Stew

MEAT ALTERNATE, LEGUME VEGETABLE, DARK GREEN VEGETABLE, OTHER VEGETABLE, FRUIT						SIDE DISHES
Ingredients	50 servings		100 servings		For ____ servings	Directions
	Weight	Measure	Weight	Measure		
Extra virgin olive oil		1-1/2 cups		3 cups		1. Heat oil in roasting pan/square head pan (20-7/8" x 17-3/8" x7"). Add garlic and sauté for 2-3 minutes. Add onions. Continue to sauté for 5-7 minutes until the onions are translucent. 2. Mix in paprika and cumin. 3. Add spinach and sauté for 15 minutes. 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. 5. Add vinegar, salt, and pepper. Mix well. Critical Control Point: Heat to 135 °F or higher for at least 15 seconds. 6. Critical Control Point: Hold at 135 °F for hot service. 7. Portion with 8 fl oz ladle (1 cup).
Fresh garlic, minced	3 oz	1/4 cup 1-1/3 Tbsp	6 oz	1/2 cup 2-2/3 Tbsp		
Fresh onions, diced	5 lb	1 gal	10 lb	2 gal		
Sweet paprika		1/4 cup 1-1/3 Tbsp		1/2 cup 2-2/3 Tbsp		
Ground cumin		1 Tbsp		2 Tbsp		
Frozen spinach, chopped	4 lb 8 oz	1 gal 2 qt	9 lb	3 gal		
Canned low-sodium garbanzo beans (chickpeas), drained, rinsed OR Dry garbanzo beans (chickpeas), cooked (see Notes section)	8 lb 2 oz OR 8 lb 2 oz	1 gal 1 qt (2 No. 10 cans) OR 1 gal 1 qt	16 lb 4 oz OR 16 lb 4 oz	2 gal 2 qt (4 No. 10 cans) OR 2 gal 2 qt		
Golden seedless raisins	2 lb 6 oz	1 qt 3-1/2 cups	4 lb 12 oz	3 qt 3 cups		
Canned low-sodium diced tomatoes	2 lb 10 oz	1 qt 1 cup (1/2 No 10. can)	5 lb 4 oz	2 qt 2 cups (1 No. 10 can)		
Low-sodium chicken stock		3 qt 1/2 cup		1 gal 2-1/4 qt		
Red wine vinegar		1/2 cup		1 cup		
Salt		2 tsp		1 Tbsp 1 tsp		
Ground black pepper		2 tsp		1 Tbsp 1 tsp		
Serving: 1 cup (8 fl oz ladle) provides: Legume as Meat Alternate: 1-1/2 oz equivalent meat alternate, 1/8 cup dark green vegetable, 1/4 cup other vegetable, and 1/4 cup fruit. OR Legume as Vegetable: 3/8 cup legume vegetable, 1/8 cup dark green vegetable, 1/4 cup other vegetable, 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.			Yield: 50 servings: about 27 lb 8 oz 100 servings: about 55 lb		Volume: 50 servings: about 3 gal 2 qt 100 servings: about 5 gal	

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Notes:

Special tip for preparing dry beans:

SOAKING BEANS

Overnight Method: Add 1-3/4 qt cold water to every 1 lb of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with recipe.

Quick-Soak Method: Boil 1-3/4 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 1-3/4 qt water for every 1 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 2-1/2 cups dry or 6-1/4 cups cooked garbanzo beans (chickpeas).

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

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