

# Organic Garbanzo Beans

Country of Origin: USA/Turkey

Certified Organic

Pro-Cert

## Nutrition Facts

### Valeur nutritive

Per 1/2 cup (100 g) / par 1/2 tasse (100 g)

Amount Teneur	% Daily Value % valeur quotidienne
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**Calories / Calories** 360**Fat / Lipides** 6 g **9 %**

Saturated / saturés 0 g	<b>0 %</b>
+ Trans / trans 0 g	

**Cholesterol / Cholestérol** 0 mg**Sodium / Sodium** 25 mg **1 %****Carbohydrate / Glucides** 61 g **20 %**

Fibre / Fibres 10 g	<b>40 %</b>
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Sugars / Sucres 11 g	
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**Protein / Protéines** 19 g

Vitamin A / Vitamine A	0 %
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Vitamin C / Vitamine C	6 %
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Calcium / Calcium	10 %
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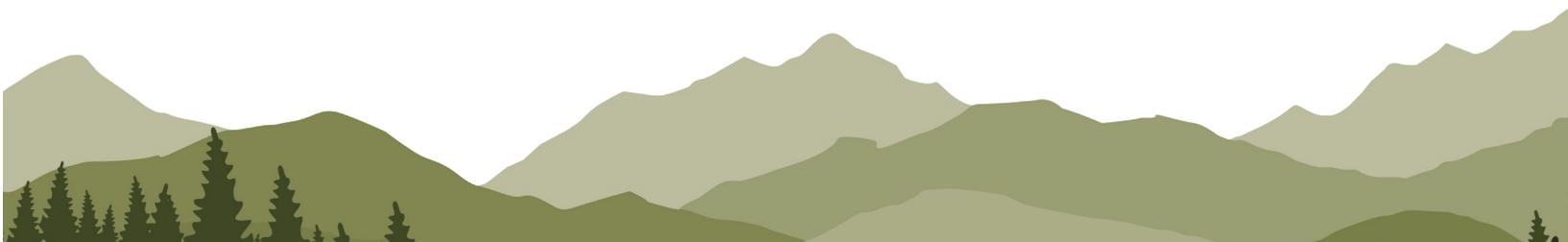
Iron / Fer	40 %
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## Factoid:

Garbanzo beans, or "chickpeas," are part of the legume family. Instead of having the flat oval shape, they are rounder than most beans and are usually a pale cream colour.

## Ingredients:

Organic garbanzo beans



## Recipe:

# Swiss Chard with Garbanzo Beans and Fresh Tomatoes

### Ingredients:

2 Tbl olive oil

1 shallot, chopped

2 green onions, chopped

1/2 C garbanzo beans, drained

Salt and pepper to taste

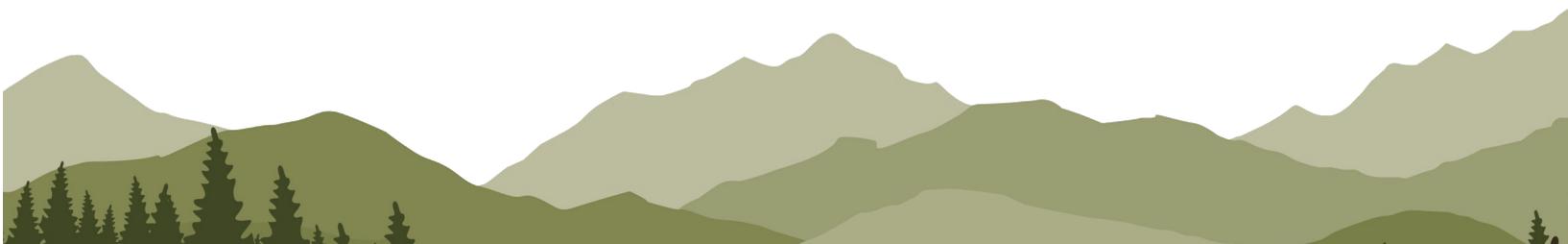
1 bunch red Swiss chard, rinsed and chopped

1 tomato, sliced

1/2 lemon, juiced

### Instructions:

1. Heat olive oil in a large skillet.
2. Stir in shallot and green onions; cook and stir for 3- minutes, or until soft and fragrant.
3. Stir in garbanzo beans, and season with salt and pepper; heat through.
4. Place chard in pan, and cook until wilted.
5. Add tomato slices, squeeze lemon juice over greens, and heat through.
6. Plate, and season with salt and pepper to taste.



## Cooking Note:

Note that 1 cup of dried garbanzo beans is equivalent to around 2 1/2 cups of cooked garbanzo beans.

1. Pick out any debris or damaged beans.
2. Place the beans in a strainer and rinse well.
3. If you want to reduce the cooking time, presoak the beans. To do so, add 2-3 cups of water for every cup of beans. Soak overnight or a minimum of 4 hours.
4. Skim off skins that float to the surface. Rinse the beans with clean water.
5. Boil beans in water or broth. There should be 3 cups of liquid for every cup of beans. There should be 1-2 inches of liquid above the beans.
6. Bring to a boil, and reduce heat. Simmer for 1- 1 1/2 hours. Skim off any foam that develops on the surface. If the beans are still hard, add water and continue to boil till soft.

