

# Spanish Chickpea Stew

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

Soups H-11r

Ingredients	50 Servings		100 Servings		Directions Process #2: Same Day Service
	Weight	Measure	Weight	Measure	
Extra virgin olive oil		1 ½ cups		3 cups	1. Heat oil in 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	3 oz	¼ cup 1 ½ Tbsp	6 oz	½ cup 2 ⅔ Tbsp	
*Fresh onions, diced	5 lb	1 gal	10 lb	2 gal	2. Mix in paprika and cumin.
Sweet paprika		¼ cup 1 ½ Tbsp		½ cup 2 ⅔ Tbsp	
Ground cumin		1 Tbsp		2 Tbsp	3. Add spinach and sauté for 15 minutes.
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	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	2 lb 6 oz	1 qt 3 ½ cups	4 lb 12 oz	3 qt 3 cups	5. Add vinegar, salt, and pepper. Mix well.  Critical Control Point: Heat to 135 °F or higher for at least 15 seconds.
Canned low-sodium diced tomatoes	2 lb 10 oz	1 qt 1 cup (½ No. 10 can)	5 lb 4 oz	2 qt 2 cups (1 No. 10 can)	
Low-sodium chicken stock		3 qt ½ cup		1 gal 2 ¼ qt	6. Critical Control Point: Hold at 135 °F for hot service.
Red wine vinegar		½ cup		1 cup	
Salt		2 tsp		1 Tbsp 1 tsp	7. Portion with 8 fl oz ladle (1 cup).
Ground black pepper		2 tsp		1 Tbsp 1 tsp	

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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:  <b>SOAKING BEANS</b>  <b>OVERNIGHT METHOD:</b> Add 1 ¾ qt cold water to every 1 lb of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with recipe.  <b>QUICK-SOAK METHOD:</b> 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.  <b>COOKING BEANS</b>            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	50 Servings	100 Servings
Mature onions	4 lb 8 oz	9 lb
Dry garbanzo beans (chickpeas)	3 lb 4 oz	6 lb 8 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:	50 Servings: about 27 lb 8 oz	50 Servings: 3 gallons 2 quarts
<p><b>Legume as Meat Alternate:</b> 1 ½ oz equivalent meat alternate, ⅓ cup dark green vegetable, ¼ cup other vegetable, and ¼ cup fruit.</p> <p>OR</p> <p><b>Legume as Vegetable:</b> ⅓ cup legume vegetable, ⅓ 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>	100 Servings: about 55 lb	100 Servings: about 5 gallons