

CHICKPEAS

(GARBANZO BEANS)

tasty, filling, protein

How to Soak and Cook Dry Chickpeas

TIP: ½ cup dry = 1 cup cooked



Note: Canned chickpeas are already cooked. Just drain, rinse, & use!

1. Soak Your Chickpeas

OVERNIGHT SOAK: Use three cups of cold water for each cup of chickpeas, let stand for 8-24 hours and drain.

OR

QUICK SOAK: Use three cups of cold water for each cup of chickpeas, boil 2 minutes, remove from heat, cover and let stand for one hour, drain.

2. Combine chickpeas and water, and bring to a boil.

💧 For every cup of chickpeas, use 3 cups of water.

3. Simmer for 1.5 - 2 hours.

Find recipes and more at usapulses.org/TIPS

