

# Dry Roasted Garbanzo Beans

 Cooking time: 40 minutes  
HACCP Process #2 Same Day Service



## 1 Serving Provides:

CACFP: ¼ cup Vegetables

NSLP: ¼ cup Beans/Peas

SFSP: ¼ cup Vegetables

Ingredients	40 Servings		80 Servings	
	Weight	Measure	Weight	Measure
Garbanzo beans, drained	5 pounds	3 quarts + 2 cups	10 pounds	1 gallon + 3 quarts
Dried dill weed		2 Tablespoons + 2 teaspoons		¼ cup + 1 Tablespoon + 1 teaspoon
Garlic powder		1 Tablespoon + 1 teaspoon		2 Tablespoons + 2 teaspoons
Onion powder		1 Tablespoon + 1 teaspoon		2 Tablespoons + 2 teaspoons
Dried parsley flakes		1 Tablespoon + 1 teaspoon		2 Tablespoons + 2 teaspoons
Black pepper		2 teaspoons		1 Tablespoon + 1 teaspoon
Salt		1 teaspoon		2 teaspoons



## Directions

1. Preheat oven to 400°F.
2. Drain and rinse garbanzo beans. Transfer the garbanzo beans to a large mixing bowl.
3. Combine the dill weed, garlic powder, onion powder, parsley flakes, salt and pepper in a small container. Sprinkle the seasonings over the garbanzo beans and stir until all pieces are well seasoned.
4. Spray sheet pans with pan-release spray. Transfer the seasoned garbanzo beans to the prepared sheet pans and spread beans into a single layer.
5. Place the sheet pans into the preheated oven and bake for about 20-30 minutes gently shaking and rotating pans every 10-15 minutes. The beans are done when they are crispy and brown. Let cool at room temperature before serving.

Serve ¼ cup portions.

Serving	Yield	Volume
¼ cup	40 servings, about 2 pounds 8 ounces	40 servings, about 2 quarts 2 cups
	80 servings, about 5 pounds	80 servings, about 1 gallon 1 quart

Nutrients Per Serving			
Calories	79	Sodium	197 mg
Total Fat	1.5 g	Carbohydrate	13 g
Saturated Fat	0 g	Dietary Fiber	0 g
Cholesterol	0 mg	Protein	4 g
		Vitamin A	13 IU
		Vitamin C	0 mg
		Iron	1 mg
		Calcium	25 mg

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