


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

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. SNAP can help you buy nutritious foods for a better diet. To find out more, contact Oregon SafeNet at 211. USDA is an equal opportunity provider and employer. ©2016 Oregon State University Extension Service offers educational programs, activities, and materials without discrimination based on age, color, disability, gender identity or expression, genetic information, marital status, national origin, race, religion, sex, sexual orientation, or veteran's status. Oregon State University Extension Service is an Equal Opportunity Employer.