

The Chickpeas Cookbook

101 Recipes

Table Of Contents

Vegetarian Spaghetti	1
Confetti Bean Salad	2
Spiced Chickpeas (Chole)	3
Kitchen Sink Soup	4
Chickpea Salad	5
Three-Bean Salsa	6
Chicken Pita and Yogurt Casserole	7
Chickpea Coconut Salad	8
Moroccan Lentil Salad	9
Indian-Spiced Roasted Chickpeas	10
Mediterranean Vegetable Stew	11
Potato Minestrone	12
Veggie and Cilantro Hummus Sandwiches	13
Butter Chickpea Curry	14
Vegetarian Chickpea Curry with Turnips	15
Kielbasa Bean Soup	16
Chickpea Salad II	17
Sundal	18
Jean's Super Salad with Ginger-Citrus Dressing	19
Cuban Smoked Sausage with Chick Peas	20
Jonny's Easy Garbonzalicious Tangy Artichoke and Bean Salad	21
Tuna Salad	22
Nut Burgers (Vegetarian)	23
Sean's Falafel and Cucumber Sauce	24
Vegetable Packed Dip	25
Pakistani Spicy Chickpeas	26
Harira	27
Spicy Vegan Potato Curry	28
Hearty Chicken Vegetable Soup III	29
Moroccan Chicken	30
Home-Style Brown Rice Pilaf	31
Delicious Chickpea Curry	32
Vegetable Beef Minestrone	33
Black Bean and Chickpea Hummus	34
Leah's Chicken with Chickpeas	35

Table Of Contents

Spinach and Garbanzo Skillet	36
South Indian Chickpea Salad	37
Whole Grain Panzanella Bread Salad	38
Red Cabbage and Chickpea Salad	39
Chickpeas in Tomato Sauce With Feta and Wine	40
Mediterranean Chickpea Salad I	41
Curried Bean Salad	42
Chickpea Soup II	43
Chickpea Macaroni Salad	44
Roasted Chickpeas	45
Quorn „ and Chickpea Curry	46
Falafel I	47
Slow Cooker Vegetable Chili	48
Garbanzo Bean Patties	49
Simple Roasted Chickpea Snack	50
Mediterranean Chickpea Salad II	51
Preety's Chickpea Salad	52
Basil and Pesto Hummus	53
Koshary	54
Greek Hero	55
High-Protein Torte	56
Shortcut Minestrone	57
Rosemarie's Italian Style Soup	58
Chickpea Soup I	59
Cholay (Curried Chickpeas)	60
Lamb L'Arabique	61
Pressure Cooker Italian Chicken Soup	62
Jumpin' Chickpeas	63
West African Vegetable Stew	64
Chickpea Salad with Red Onion and Tomato	65
Lemon Garlic Hummus	66
Kidney Bean and Chickpea Salad	67
Tomato Topped PHILLY Bean Dip	68
Better Vegetable Stew	69
Chickpea and Pasta Soup	70

Table Of Contents

Carrot Bean Salad	71
Casablanca Chili	72
Spiced Sweet Roasted Red Pepper Hummus	73
Cara's Moroccan Stew	74
Yummy Couscous Salad	75
Mediterranean Couscous Salad	76
Broccoli Bean Pasta	77
Spinach with Chickpeas and Fresh Dill	78
Italian Chicken and Chickpeas	79
Southwestern Vegetarian Pasta	80
Quinoa with Chickpeas and Tomatoes	81
Curried Chicken Soup with Chickpeas and Cauliflower	82
Holly's Hummus	83
College Student's Saucy Chickpeas	84
Garbanzo Bean Tomato Salad	85
Middle Eastern Rice with Black Beans and Chickpeas	86
Couscous with Chickpeas and Carrots	87
Chickpea Cauliflower Curry	88
Vegetarian Chickpea Sandwich Filling	89
25-Minute Tunisian Vegetable Couscous	90
Chickpea and Eggplant Stew	91
Hearty Layer Salad	92
Indian Chickpeas	93
Mexican Orzo Salad	94
Savory Roasted Root Vegetables	95
Five-Bean Salad	96
Beetroot Hummus	97
Three-Bean Cassoulet	98
Aush (Afghani Chili)	99
Tangy Four-Bean Salad	100
Sun-Dried Tomato-Flavored Hummus	101

Vegetarian Spaghetti

Ingredients

1 (16 ounce) package spaghetti
1 cup chopped onion
1/2 cup chopped celery
1 teaspoon garlic powder
3 tablespoons vegetable oil
1 (26 ounce) jar meatless spaghetti sauce
1 (16 ounce) can garbanzo beans or chickpeas, rinsed and drained
1 (14.5 ounce) can diced tomatoes with garlic and onion, undrained
1 teaspoon sugar
1/2 teaspoon salt
1/2 teaspoon dried oregano
1 bay leaf
1/4 cup grated Parmesan cheese

Directions

Cook spaghetti according to package directions. Meanwhile, in a large skillet, saute the onion, celery and garlic powder in oil until tender. Add the spaghetti sauce, beans, tomatoes, sugar, salt, oregano and bay leaf.

Bring to a boil; cover and simmer for 10 minutes. Discard bay leaf. Drain spaghetti; top with sauce and Parmesan cheese.

Confetti Bean Salad

Ingredients

1 (16 ounce) can kidney beans, rinsed and drained
1 (15 ounce) can garbanzo beans or chickpeas, rinsed and drained
1 (15 ounce) can black beans, rinsed and drained
1 (10 ounce) package frozen corn, thawed
1/2 cup minced fresh cilantro or parsley
1/2 cup chopped sweet red pepper
1/2 cup chopped green pepper
1/4 cup chopped onion
1 small jalapeno pepper, seeded and finely chopped* (optional)
2 garlic cloves, minced
1/2 cup balsamic vinegar or red wine vinegar
1/4 cup olive oil or canola oil
1 teaspoon chili powder
1/2 teaspoon sugar

Directions

In a large bowl, combine the first 10 ingredients. In a jar with a tight-fitting lid, combine the vinegar, oil, chili powder and sugar; shake well. Pour over bean mixture; toss to coat. Cover and refrigerate overnight. Serve with a slotted spoon.

Spiced Chickpeas (Chole)

Ingredients

2 tablespoons vegetable oil
1 teaspoon ground cumin
1/2 teaspoon ground dried red chilies
2 serrano chile peppers, seeded and chopped
2 large onions, chopped
2 (15 ounce) cans garbanzo beans (chickpeas), drained
3 tablespoons lemon juice
2/3 cup water
salt to taste

3 tablespoons minced fresh ginger root
2 large tomatoes, chopped
1/4 cup chopped fresh cilantro, for garnish

Directions

Heat the vegetable oil in a large pot over medium heat. Stir in the cumin and ground red chilies, and cook for a few seconds until the spices are fragrant. Add the serrano chiles, onions, garbanzo beans, lemon juice, and water; season to taste with salt. Bring to a boil over high heat, then reduce heat to medium-low, and simmer until the vegetables are tender and most of the liquid has evaporated, about 15 minutes. Sprinkle with ginger, tomatoes, and cilantro to serve.

Kitchen Sink Soup

Ingredients

10 cups chicken broth
2 potatoes, cubed
2 carrots, sliced
2 stalks celery, diced
5 fresh mushrooms, sliced
1 green bell pepper, chopped
1 fresh broccoli, chopped
4 cups cauliflower florets
1 parsnip, sliced
1 onion, chopped
1 cup green peas
1 cup cut green beans, drained
1 cup wax beans, drained
1/2 cup cooked chickpeas
1/2 cup cooked navy beans
salt and pepper to taste
1 teaspoon dried parsley

Directions

In a large stockpot, combine all the ingredients and cook over medium heat partially covered for about 30 minutes or until all the vegetables are tender. Serve hot with buttered biscuits.

Chickpea Salad

Ingredients

1 (15 ounce) can chickpeas
(garbanzo beans), drained
1/2 onion, chopped
1/2 cucumber, sliced
1 small tomato, chopped
1/2 cup red wine vinegar
1/2 cup balsamic vinegar

Directions

In a medium bowl combine chickpeas, onion, cucumber, tomato, red wine vinegar and balsamic vinegar. Mix well and serve.

Three-Bean Salsa

Ingredients

1 (16 ounce) can kidney beans, rinsed and drained
1 (15.25 ounce) can whole kernel corn, drained
1 (15 ounce) can garbanzo beans or chickpeas, rinsed and drained
1 (15 ounce) can black beans, rinsed and drained
2 cups chopped fresh tomatoes
2 jalapeno peppers, seeded and chopped
1/4 cup chopped green onions
1/4 cup lime juice
2 tablespoons minced fresh cilantro
2 teaspoons ground cumin
1 teaspoon salt
1/4 teaspoon pepper
Tortilla chips

Directions

In a large bowl, combine the first 12 ingredients; toss to coat. Chill for at least 30 minutes before serving. Serve with tortilla chips. Refrigerate leftovers.

Chicken Pita and Yogurt Casserole

Ingredients

1 tablespoon vegetable oil
1 bone-in chicken breast halves, skinless
2 (8 ounce) containers plain yogurt
3 cloves garlic, minced
salt to taste
3 pita bread rounds
1 (15.5 ounce) can canned chickpeas, drained (optional)
1/2 cup pine nuts

Directions

Heat oil in a large skillet over medium-high heat. Add chicken, and cook on each side until browned. Reduce heat to medium, cover skillet, and cook until chicken is no longer pink, and the juices run clear, about 10 more minutes. Remove from skillet, cool slightly, and slice into strips.

In a small bowl, stir together the yogurt and garlic. Season with salt to taste. Tear pita breads into pieces, and place in a 9x13 inch baking dish. Place chicken strips in a layer over the bread. Cover with the yogurt mixture. Sprinkle chickpeas and pine nuts over the top. Let stand for about 10 minutes to blend flavors, then serve. No need to heat up.

Chickpea Coconut Salad

Ingredients

1 (15 ounce) can garbanzo beans (chickpeas), rinsed and drained
1/3 cup freshly grated coconut
1 teaspoon chopped green chile peppers (optional)
1/3 cup chopped fresh cilantro
2 teaspoons lemon juice
1/2 teaspoon salt

Directions

Combine garbanzo beans, coconut, green chile peppers, and cilantro in a large bowl. Stir in lemon juice, and season with salt. Refrigerate for 2 hours before serving for best flavor.

Moroccan Lentil Salad

Ingredients

1/2 cup dry lentils
1 1/2 cups water
1/2 (15 ounce) can garbanzo beans, drained
2 tomatoes, chopped
4 green onions, chopped
2 minced hot green chile peppers
1 green bell pepper, chopped
1/2 yellow bell pepper, chopped
1 red bell pepper, chopped
1 lime, juiced
2 tablespoons olive oil
1/4 cup chopped fresh cilantro
salt to taste

Directions

Place lentils and water in a pot. Bring water to boil, reduce to simmer. Cook for 30 minutes or until tender.

In a medium size mixing bowl combine lentils, chickpeas, tomatoes, green onions, green chilies, bell peppers, lime juice, olive oil, cilantro, and salt to taste. Toss well. Chill for 20 minutes. Serve chilled.

Indian-Spiced Roasted Chickpeas

Ingredients

2 cups canned chickpeas, rinsed and drained
1 tablespoon lemon juice
2 tablespoons olive oil
1 teaspoon brown sugar
1 1/2 teaspoons ground cumin
1/2 teaspoon ground coriander
1/4 teaspoon ground cinnamon
1 teaspoon garam masala
1 pinch ground black pepper
1 pinch cayenne pepper, or to taste
1/2 teaspoon salt, or to taste

Directions

Preheat oven to 400 degrees F (200 degrees C). Line a baking sheet with aluminum foil.

Stir together the chickpeas, lemon juice, olive oil, brown sugar, cumin, coriander, cinnamon, garam masala, black pepper, cayenne pepper, and salt in a mixing bowl. Spread the chickpea mixture in a single layer on the prepared baking sheet.

Roast in the preheated oven until the chickpeas are dark brown in spots, crisp, and have shrunk quite a bit, 25 to 30 minutes, stirring halfway through the cooking time. Cool to room temperature before serving.

Mediterranean Vegetable Stew

Ingredients

2 tablespoons olive oil, divided
1 cup chopped red onion
2 cups coarsely chopped green pepper
2 large garlic cloves, crushed
1 cup sliced mushrooms
1 small eggplant, unpeeled, cut in 1- to 2-inch chunks
1 (28 ounce) can crushed tomatoes
1/2 cup kalamata olives, pitted and sliced
1 (15 ounce) can chickpeas, drained and rinsed
1 tablespoon chopped fresh rosemary
1 cup coarsely chopped parsley

Directions

In a large skillet, heat 1 Tb. oil. Saute onion and pepper until soft, about 10 minutes. Add 1 Tb. oil, garlic, mushrooms and eggplant. Simmer, stirring occasionally, until eggplant is softened but not mushy, about 15 minutes. Add tomatoes, olives, chickpeas and rosemary. Simmer until heated through, about 10 minutes. Stir in parsley. Sprinkle feta cheese over stew if desired.

Potato Minestrone

Ingredients

2 (14.5 ounce) cans chicken broth
1 (28 ounce) can crushed tomatoes
1 (16 ounce) can kidney beans, rinsed and drained
1 (15 ounce) can garbanzo beans (chickpeas)
1 (14.5 ounce) can beef broth
2 cups frozen cubed hash brown potatoes, thawed
1 tablespoon dried minced onion
1 tablespoon dried parsley flakes
1 teaspoon salt
1 teaspoon dried oregano
1/2 teaspoon garlic powder
1/2 teaspoon dried basil
1/2 teaspoon dried marjoram
1 (10 ounce) package frozen chopped spinach, thawed and drained
2 cups frozen peas and carrots, thawed

Directions

In a slow cooker, combine the first 13 ingredients. Cover and cook on low for 8 hours. Stir in the spinach, peas and carrots; heat thorough.

Veggie and Cilantro Hummus Sandwiches

Ingredients

1 cup canned garbanzo beans (chickpeas), drained, rinsed
1/8 cup tahini
1 clove garlic, minced
1 teaspoon salt
1/2 teaspoon garlic powder
1 pinch paprika
1 1/2 teaspoons olive oil
1 tablespoon water
2 tablespoons fresh lemon juice
1/3 cup chopped fresh cilantro

1/4 cup water
4 teaspoons red wine vinegar
2 teaspoons extra-virgin olive oil
2 tablespoons white sugar
1 pinch salt
1/2 teaspoon sesame oil
1/2 cucumber, thinly sliced
1 large tomato, sliced
1 small red onion, thinly sliced

4 slices bread
1/4 cup crumbled feta cheese
2/3 cup shredded lettuce

Directions

To prepare the cilantro hummus, place the garbanzo beans, tahini, garlic, 1 teaspoon salt, garlic powder, and paprika into a blender. Add 1 1/2 teaspoons of olive oil, 1 tablespoon of water, lemon juice, and the cilantro. Puree until smooth, and set aside.

Whisk together 1/4 cup of water, vinegar, 2 teaspoons extra-virgin olive oil, sugar, 1 pinch of salt, and sesame oil in a bowl until the sugar has dissolved. Add the cucumber, tomato, and red onion. Toss to coat the vegetables in the dressing.

Spread two slices of bread with the cilantro hummus, and sprinkle with crumbled feta cheese. Top with shredded lettuce and the vegetable mixture. Pour on additional dressing to taste, and top with the remaining slice of bread.

Butter Chickpea Curry

Ingredients

4 medium potatoes, cubed
2 tablespoons canola oil
1 medium yellow onion, diced
1 teaspoon minced garlic
2 teaspoons curry powder
2 teaspoons garam masala
1 teaspoon ground ginger
1 teaspoon cumin
1 teaspoon salt
1 (10.75 ounce) can condensed tomato soup
1/2 cup cream or milk
1 (12 ounce) can chickpeas, rinsed and drained

Directions

Place potatoes in a saucepan, cover with water, and bring to a boil over high heat; simmer until the potatoes are tender. Drain, and set aside.

Warm oil in a skillet over medium heat. Stir in onion and garlic, and cook until the onions are soft and translucent. Stir in curry powder, garam masala, ginger, cumin, and salt. Cook for 1 or 2 minutes, stirring. Pour in soup, cream, and chickpeas. Stir in potatoes. Simmer 5 minutes.

Vegetarian Chickpea Curry with Turnips

Ingredients

2 tablespoons olive oil
1/2 onion, diced
2 cloves garlic, minced
1 tablespoon ground cumin
2 tablespoons curry powder
1 (15 ounce) can garbanzo beans (chickpeas), undrained
1/2 red bell pepper, diced
1/2 turnip, peeled and diced
1 cup corn kernels
1/2 (15 ounce) can tomato sauce
1 pinch crushed red pepper flakes (optional)
1 pinch salt
1 pinch cracked black pepper

Directions

Heat the olive oil in a large saucepan over medium heat. Stir in the onion, garlic, cumin, and curry powder; cook and stir until the onion has softened and turned translucent, about 5 minutes. Add the garbanzo beans, red bell pepper, turnip, corn, and tomato sauce. Season with red pepper flakes, salt, and black pepper. Bring to a simmer over medium-high heat, then reduce heat to medium-low, cover, and simmer until the vegetables are tender and the curry has thickened, 1 1/2 to 2 hours.

Kielbasa Bean Soup

Ingredients

4 1/2 cups water
2 (14.5 ounce) cans diced tomatoes, undrained
1 (16 ounce) can kidney beans, rinsed and drained
1 (15.5 ounce) can great northern beans, rinsed and drained
1 (15 ounce) can garbanzo beans or chickpeas, rinsed and drained
2 medium green peppers, chopped
2 medium onions, chopped
2 celery ribs, chopped
1 medium zucchini, sliced
2 teaspoons chicken bouillon granules
2 garlic cloves, minced
2 1/2 teaspoons chili powder
2 teaspoons dried basil
1 1/2 teaspoons salt
1/2 teaspoon pepper
2 bay leaves
3/4 pound fully cooked kielbasa or Polish sausage, halved lengthwise and sliced

Directions

In a soup kettle or Dutch oven, combine all ingredients except the sausage. Bring to a boil. Reduce heat; cover and simmer for 1 hour. Add sausage and heat through. Discard bay leaves.

Chickpea Salad II

Ingredients

1 (15 ounce) can chickpeas (garbanzo beans), drained and rinsed
1 cucumber, peeled and finely chopped
1 cup grape tomatoes, halved
1/4 cup finely chopped sweet onion
1 tablespoon minced garlic
1/2 teaspoon dried parsley flakes
1/4 teaspoon dried basil
1 tablespoon grated Parmesan cheese
1 tablespoon olive oil
3 tablespoons balsamic vinegar
1/4 teaspoon salt

Directions

In a large bowl, toss together chickpeas, cucumber, tomatoes, onion, garlic, parsley flakes, dried basil, and Parmesan cheese. Drizzle with olive oil and balsamic vinegar, and season to taste with salt. Toss until well combined, and adjust seasoning as needed. Cover and refrigerate at least 45 minutes before serving. Serve chilled.

Ingredients

- 1 cup dried chickpeas
- 3 cups water
- 1 tablespoon cooking oil
- 1 teaspoon skinned split black lentils (urad dal)
- 1 teaspoon mustard seeds
- 2 dried red chile peppers
- 2 green chile peppers, halved lengthwise
- 1/2 mango, grated
- 1/2 cup fresh grated coconut
- 1 sprig fresh curry leaves
- 1 pinch asafoetida powder
- salt to taste
- fresh lemon juice

Directions

Place the chickpeas into a large container and cover with several inches of cool water; allow to soak for 8 hours or overnight. Drain.

Combine the chickpeas and 3 cups water in a large pot over medium heat; cook until the chickpeas are tender, but not yet mushy, 30 to 45 minutes. Drain.

Heat the oil in a skillet over medium heat. Fry the urad dal, mustard seeds, and dried red chile peppers in the hot oil. When the seeds begin to splutter, add the chickpeas, green chile peppers, mango, coconut, curry leaves, and asafoetida powder; season with salt. Mix well and cook until completely heated, 2 to 3 minutes. Remove from heat and add the lemon juice. Serve warm or at room temperature.

Jean's Super Salad with Ginger-Citrus Dressing

Ingredients

Salad:

1 cup romaine lettuce, in bite-size pieces
1 cup spinach, in bite-size pieces
1/2 cup cauliflower pieces
1/2 cup red onion, sliced
1/2 cup red cabbage, shredded
1/2 cup chickpeas (garbanzos), drained and rinsed
1 orange, peeled (sliced or in chunks)
1/2 cup strawberries, sliced
2 tablespoons dry-roasted unsalted peanuts
1/4 cup crumbled blue cheese

Dressing:

1/2 cup orange juice
2 tablespoons rice or white vinegar
2 tablespoons olive oil
2 garlic cloves, crushed
1 teaspoon reduced-sodium soy sauce
1 teaspoon grated fresh ginger
3/4 teaspoon ground cumin

Directions

Toss salad ingredients in a large bowl with 1/4 cup dressing. Serve.

Cuban Smoked Sausage with Chick Peas

Ingredients

1 pound smoked sausage
2 teaspoons vegetable oil
1 medium onion, diced
2 (15.5 ounce) cans chickpeas (garbanzo beans), undrained
1 (4 ounce) can tomato sauce
3 tablespoons sherry wine or Marsala
2 teaspoons dried oregano
2 teaspoons red pepper flakes
1/2 teaspoon ground black pepper
1/2 teaspoon garlic powder
3 teaspoons adobo seasoning

Directions

Slice sausage lengthwise, then cut into 1/4-inch slices.

Heat oil in a large pot over medium-high heat. Brown sausage about 5 minutes. Stir in onion; cook 5 minutes. Stir in chickpeas and juices, tomato sauce, and sherry. Season with oregano, red pepper flakes, black pepper, garlic powder, and adobo seasoning. Simmer, stirring occasionally, at least 10 minutes (1 hour or more is preferable).

Jonny's Easy Garbonzalicious Tangy Artichoke

Ingredients

2 (15 ounce) cans garbanzo beans (chickpeas), drained and rinsed
1 (16 ounce) can dark red kidney beans, drained and rinsed
1 (15 ounce) can light red kidney beans, drained and rinsed
1 (14 ounce) can artichoke hearts, drained, quartered
1 (6 ounce) can jumbo black olives, halved
6 radishes, chopped
2 carrots, coarsely grated

Dressing

2/3 cup extra virgin olive oil
1/3 cup red wine vinegar
1 teaspoon garlic powder
1 teaspoon Italian seasoning
1/2 teaspoon onion powder
1/4 teaspoon ground black pepper
1/4 cup sunflower seeds (optional)

Directions

Combine garbanzo beans, dark and light red kidney beans, artichoke hearts, olives, radishes, and carrots in a large glass bowl.

Whisk together the olive oil and vinegar in a small glass bowl. Add the garlic powder, Italian seasoning, onion powder, and black pepper; whisk to combine. Pour dressing over the bean mixture and toss carefully to evenly distribute. Cover and refrigerate for at least 4 hours before serving. Stir every hour to redistribute dressing.

Sprinkle with sunflower seeds to serve.

Tuna Salad

Ingredients

1 (6 ounce) can tuna, drained
1 (15 ounce) can chickpeas
(garbanzo beans), drained
2 hard-boiled eggs, chopped
1 cucumber, peeled and diced
1 head iceberg lettuce, torn into
bite-sized pieces
1/2 cup French dressing

Directions

In a large mixing bowl, combine tuna, chickpeas (garbanzo beans), chopped hard-boiled eggs, diced cucumber, and iceberg lettuce.

Toss well and add French dressing to taste.

Nut Burgers (Vegetarian)

Ingredients

1/2 cup finely chopped walnuts
1/2 cup unsalted sunflower seeds
1 cup canned chickpeas, drained
1/4 cup diced red onion
1 beaten egg
1 tablespoon chopped fresh parsley
1/4 teaspoon fresh ground black pepper
1 tablespoon salt-free herb seasoning blend
2 tablespoons olive oil
2 slices mild Cheddar cheese
1 pita bread round
1/4 cup prepared Ranch salad dressing
2 leaves romaine lettuce
1 medium tomato, thinly sliced
1/2 avocado - peeled, pitted and sliced

Directions

Place walnuts and sunflower seeds in a dry skillet over medium heat. Cook, stirring occasionally until lightly toasted and fragrant, about 5 minutes.

In a medium bowl, mash garbanzo beans with a fork, or chop in a food processor. Stir in the onion, egg, parsley, and toasted nuts. Season with pepper and seasoning blend, and mix well.

Heat olive oil in a skillet over medium heat. Divide the bean mixture into 2 patties, and fry in the hot oil for about 3 minutes on each side, or until well browned and heated through. Place a slice of cheese over each patty, and remove from heat.

Place the pita round in the same dry skillet the nuts were in, and heat for about 1 minute on each side. Cut the round in half, spread ranch dressing inside of each, and line the pockets with romaine leaves. Place a cheesy patty into each one, and top with sliced tomato and avocado. Serve with tortilla or potato chips.

Sean's Falafel and Cucumber Sauce

Ingredients

1 (15 ounce) can chickpeas (garbanzo beans), drained
1 onion, chopped
1/2 cup fresh parsley
2 cloves garlic, chopped
1 egg
2 teaspoons ground cumin
1 teaspoon ground coriander
1 teaspoon salt
1 dash pepper
1 pinch cayenne pepper
1 teaspoon lemon juice
1 teaspoon baking powder
1 tablespoon olive oil
1 cup dry bread crumbs
oil for frying

1 (6 ounce) container plain yogurt
1/2 cucumber - peeled, seeded, and finely chopped
1 teaspoon dried dill weed
salt and pepper to taste
1 tablespoon mayonnaise

Directions

In a large bowl mash chickpeas until thick and pasty; don't use a blender, as the consistency will be too thin. In a blender, process onion, parsley and garlic until smooth. Stir into mashed chickpeas.

In a small bowl combine egg, cumin, coriander, salt, pepper, cayenne, lemon juice and baking powder. Stir into chickpea mixture along with olive oil. Slowly add bread crumbs until mixture is not sticky but will hold together; add more or less bread crumbs, as needed. Form 8 balls and then flatten into patties.

Heat 1 inch of oil in a large skillet over medium-high heat. Fry patties in hot oil until brown on both sides.

In a small bowl combine yogurt, cucumber, dill, salt, pepper and mayonnaise. Chill for at least 30 minutes.

Vegetable Packed Dip

Ingredients

1 (15 ounce) can mixed vegetables, drained
1 (15 ounce) can chickpeas (garbanzo beans), drained
1 cup fat free sour cream
1/3 cup plain yogurt
1/3 cup mayonnaise
1 (1 ounce) package dry onion soup mix
1 teaspoon minced onion
1/4 cup chopped green onions
1/4 cup chopped red bell pepper

Directions

In a medium bowl, mix together the mixed vegetables, chickpeas (garbanzo beans), sour cream, yogurt, mayonnaise, onion soup mix, onion, green onion and red bell pepper. Chill in the refrigerator 1 hour and serve.

Pakistani Spicy Chickpeas

Ingredients

2 tablespoons vegetable oil
1 teaspoon cumin seeds
1/2 teaspoon salt
1/2 teaspoon chili powder
1/2 teaspoon lemon pepper
2 tomatoes, chopped
2 (15 ounce) cans garbanzo beans, drained
1 tablespoon lemon juice
1 onion, chopped

Directions

In a large pot over low heat, warm oil and cumin; heat until cumin turns a darker shade of brown.

Add salt, chili powder and lemon and pepper seasoning; mix well. Stir in tomatoes; once the juice begins to thicken add in chickpeas and mix well.

Add in lemon juice and mix well; add onions and stir until they become soft.

Remove from heat and place into a serving bowl; serve immediately.

Ingredients

1 pound cubed lamb meat
1 teaspoon ground turmeric
1 1/2 teaspoons ground black pepper
1 teaspoon ground cinnamon
1/4 teaspoon ground ginger
1/4 teaspoon ground cayenne pepper
2 tablespoons margarine
3/4 cup chopped celery
1 onion, chopped
1 red onion, chopped
1/2 cup chopped fresh cilantro
1 (29 ounce) can diced tomatoes
7 cups water
3/4 cup green lentils
1 (15 ounce) can garbanzo beans, drained
4 ounces vermicelli pasta
2 eggs, beaten
1 lemon, juiced

Directions

Place the lamb, turmeric, black pepper, cinnamon, ginger, cayenne, butter, celery, onion, and cilantro into a large soup pot over a low heat. Stir frequently for 5 minutes. Pour tomatoes (reserve juice) into the mixture and let simmer for 15 minutes.

Pour tomato juice, 7 cups water, and the lentils into the pot. Bring the mixture to a boil, then reduce the heat to simmer. Let soup simmer, covered, for 2 hours.

About 10 minutes before serving turn the heat to medium-high, place chickpeas and noodles into the soup, let cook about 10 minutes (until noodles are al dente). Stir in lemon and eggs, let eggs cook 1 minute.

Spicy Vegan Potato Curry

Ingredients

- 4 potatoes, peeled and cubed
- 2 tablespoons vegetable oil
- 1 yellow onion, diced
- 3 cloves garlic, minced
- 2 teaspoons ground cumin
- 1 1/2 teaspoons cayenne pepper
- 4 teaspoons curry powder
- 4 teaspoons garam masala
- 1 (1 inch) piece fresh ginger root, peeled and minced
- 2 teaspoons salt
- 1 (14.5 ounce) can diced tomatoes
- 1 (15 ounce) can garbanzo beans (chickpeas), rinsed and drained
- 1 (15 ounce) can peas, drained
- 1 (14 ounce) can coconut milk

Directions

Place potatoes into a large pot and cover with salted water. Bring to a boil over high heat, then reduce heat to medium-low, cover, and simmer until just tender, about 15 minutes. Drain and allow to steam dry for a minute or two.

Meanwhile, heat the vegetable oil in a large skillet over medium heat. Stir in the onion and garlic; cook and stir until the onion has softened and turned translucent, about 5 minutes. Season with cumin, cayenne pepper, curry powder, garam masala, ginger, and salt; cook for 2 minutes more. Add the tomatoes, garbanzo beans, peas, and potatoes. Pour in the coconut milk, and bring to a simmer. Simmer 5 to 10 minutes before serving.

Hearty Chicken Vegetable Soup III

Ingredients

1 zucchini, thinly sliced
1 yellow squash, thinly sliced
1 large white onion, diced
1/4 pound fresh green beans, trimmed and snapped
3/4 cup frozen corn kernels, thawed
1 (15 ounce) can white hominy
1 (15 ounce) can chickpeas
8 whole chicken wings, split
3 cubes chicken bouillon
5 tablespoons tomato sauce
1 tablespoon garlic powder
2 white potatoes, peeled and cubed
2 jalapeno peppers, julienned
6 1/2 cups water

Directions

In a large pot, combine zucchini, yellow squash, onion, green beans, corn, hominy, chickpeas, chicken, bouillon, tomato sauce, garlic powder, potatoes, jalapenos and water. Bring to a boil, reduce heat and simmer until chicken falls off the bone and flavors are well blended, 1 to 2 hours.

Moroccan Chicken

Ingredients

1 pound skinless, boneless chicken breast meat - cubed
2 teaspoons salt
1 onion, chopped
2 cloves garlic, chopped
2 carrots, sliced
2 stalks celery, sliced
1 tablespoon minced fresh ginger root
1/2 teaspoon paprika
3/4 teaspoon ground cumin
1/2 teaspoon dried oregano
1/4 teaspoon ground cayenne pepper
1/4 teaspoon ground turmeric
1 1/2 cups chicken broth
1 cup crushed tomatoes
1 cup canned chickpeas, drained
1 zucchini, sliced
1 tablespoon lemon juice

Directions

Season chicken with salt and brown in a large saucepan over medium heat until almost cooked through. Remove chicken from pan and set aside.

Saute onion, garlic, carrots and celery in same pan. When tender, stir in ginger, paprika, cumin, oregano, cayenne pepper and turmeric; stir fry for about 1 minute, then mix in broth and tomatoes. Return chicken to pan, reduce heat to low and simmer for about 10 minutes.

Add chickpeas and zucchini to pan and bring to simmering once again; cover pan and cook for about 15 minutes, or until zucchini is cooked through and tender. Stir in lemon juice and serve.

Home-Style Brown Rice Pilaf

Ingredients

1 1/2 cups water
1/2 teaspoon salt
3/4 cup uncooked brown rice
3 tablespoons butter
1 1/2 cups chopped onion
1 clove garlic, minced
2 carrots, sliced
2 cups fresh sliced mushrooms
1 cup chickpeas
2 eggs, beaten
freshly ground black pepper
1/4 cup chopped fresh parsley
1/4 cup chopped cashews

Directions

Bring 1-1/2 cups water to boil, add rice. Bring contents back to a boil, cover the pot and simmer for 45-50 minutes, or until rice is tender.

Approximately 20 minutes before rice is finished cooking heat the butter in a large skillet over medium heat. Stir in onions and saute them, stirring frequently until they soften. Add the garlic and carrots and continue stirring for 5 minutes.

Place mushrooms inside of skillet and cook until mushrooms begin to brown, about 10 minutes. Add the chickpeas and cook 1 more minute.

When the rice is finished cooking pour the eggs into the skillet and cook the mixture, stirring constantly until the eggs are cooked. Remove the skillet from the heat, stir in pepper, parsley, and nuts.

Spoon the cooked rice into the skillet and stir well. Serve the pilaf hot with soy sauce on the side for added flavor.

Delicious Chickpea Curry

Ingredients

4 cups water
2 cubes vegetable bouillon
1 cup raisins
1/4 cup olive oil
2 onions, chopped
1 tablespoon minced garlic
2 tablespoons minced ginger
2 cinnamon sticks
6 whole cloves
1 teaspoon cayenne pepper
1 teaspoon ground turmeric
1 teaspoon ground coriander
1 teaspoon ground cumin
2 (19 ounce) cans garbanzo beans (chickpeas)
1 medium yam, peeled and diced
1 pear, peeled and cubed
salt to taste
1 cup chopped fresh cilantro

Directions

Place water, bouillon cubes, and raisins in a saucepan over high heat. Bring to a boil, and simmer until bouillon cubes dissolve.

Meanwhile, heat olive oil in a large saucepan over medium heat. Add onion, garlic, and ginger; cook and stir until the onion has softened and turned translucent, about 5 minutes. Add cinnamon sticks, cloves, cayenne, turmeric, coriander, and cumin; cook for about 3 minutes until fragrant, stirring constantly.

Stir garbanzo beans, yams, and pear into onions; pour in hot vegetable stock and raisins. Bring to a simmer, then reduce heat to medium-low, cover, and simmer until the vegetables have softened and the sauce has thickened, about 1 hour.

Season to taste with salt and stir in chopped cilantro before serving.

Vegetable Beef Minestrone

Ingredients

2 slices bacon, chopped
1/2 pound lean ground beef
2 carrots, chopped
2 cloves garlic, minced
1 large onion, chopped
1 stalk celery, chopped
1 bay leaf
1 teaspoon dried basil
1 teaspoon dried rosemary,
crushed
1/4 teaspoon crushed red pepper
flakes
1 (14.5 ounce) can stewed
tomatoes
1 (10.5 ounce) can beef broth
1 (15 ounce) can chickpeas
(garbanzo beans), drained
2 ounces spaghetti, broken into
pieces

Directions

In a large saucepan, cook bacon and ground beef until well done, breaking up the beef as it cooks. Drain off the grease and add carrots, garlic, onion and celery. Season with the bay leaf, basil, rosemary and red pepper flakes. Cook for about 5 minutes or until the onions are translucent. Stir in tomatoes and beef stock.

Simmer for about 20 minutes then put in the chickpeas and broken spaghetti. Cook covered, for about 10 minutes or until spaghetti is al dente. Remove the bay leaf before serving.

Black Bean and Chickpea Hummus

Ingredients

1 cup canned black beans,
drained
1 cup canned garbanzo beans
(chickpeas), drained
1 tablespoon olive oil
2 tablespoons fresh lemon juice
2 tablespoons plain nonfat yogurt
2 tablespoons water
1 clove garlic, roughly chopped
1 1/2 teaspoons curry powder
salt and pepper to taste

Directions

Place black beans, garbanzo beans, olive oil, lemon juice, yogurt, water, and garlic into the bowl of a blender. Season with curry powder, salt, and pepper. Cover and puree until smooth. Refrigerate until ready to serve.

Leah's Chicken with Chickpeas

Ingredients

1 (3 pound) whole chicken, cut into pieces
1 tablespoon vegetable oil
1 onion, chopped
1 teaspoon ground turmeric
1 (15 ounce) can garbanzo beans, drained
1 lemon, juiced
3 cloves garlic, minced
salt to taste
ground black pepper to taste
2 cups water

Directions

In a large skillet, saute onion in oil until golden.

Sprinkle turmeric in pan, and mix well. Put chicken on top, and brown on all sides.

Add about 2 cups water, chickpeas, lemon juice, garlic, and salt and pepper. Bring to a boil. Simmer gently for about 1 hour, or until the chicken is tender and the liquid is reduced. Taste to adjust seasonings.

Spinach and Garbanzo Skillet

Ingredients

1 garlic clove, minced
1 tablespoon minced fresh basil
1/8 teaspoon pepper
1 tablespoon olive oil
1 (15 ounce) can garbanzo beans
or chickpeas, rinsed and drained
1 medium yellow summer squash,
halved lengthwise, cut into 1/4-
inch slices
1/2 teaspoon cornstarch
2 tablespoons water
1 tablespoon rice wine vinegar
1 teaspoon honey
3 cups chopped fresh baby
spinach
2 plum tomatoes, chopped
1/4 cup sliced almonds, toasted

Directions

In a large nonstick skillet or wok, saute the garlic, basil and pepper in hot oil for 30 seconds. Stir in beans and squash until evenly coated with spices. Cover and cook for 4 minutes, stirring three times.

In a small bowl, combine the cornstarch, water, vinegar and honey until smooth. Stir into bean mixture. Cook and stir for 1-2 minutes or until slightly thickened. Stir in spinach and tomatoes; heat through. Sprinkle with almonds. Serve immediately.

South Indian Chickpea Salad

Ingredients

1 (16 ounce) can garbanzo beans (chickpeas), rinsed and drained
1 mango - peeled and diced
1 cup chopped hearts of romaine (optional)
1/2 cup diced cucumber
1/2 cup diced carrot
1/4 cup diced celery (optional)
2 tablespoons fresh lemon juice
salt to taste
1 cup chopped pineapple

Directions

Toss together the garbanzo beans, mango, romaine lettuce, cucumber, carrot, celery, lemon juice, and salt in a large bowl. Let the mixture set for 30 minutes. Top the salad with the pineapple to serve.

Whole Grain Panzanella Bread Salad

Ingredients

4 slices Roman Meal Bread
3 tablespoons olive oil, divided
2 tablespoons Parmesan cheese, shaved or grated
3 cups cherry tomatoes, sliced in half
2 cups cucumbers, seeded and diced
1 cup chickpeas, rinsed and drained
1/2 cup red onion, finely sliced
1/3 cup red wine vinegar
1/4 cup fresh basil leaves

Directions

Preheat broiler to 400 F. Foil-line one baking sheet.

Brush bread lightly on both sides with 1 tablespoon olive oil; place on baking sheet. Broil about 2 minutes, turning once, until golden. Watch carefully to avoid burning. Remove from oven. Sprinkle cheese on one side of toasted bread; return to oven for about 20 seconds until cheese is melted and bubbly; cool completely. Cut bread into 1-inch pieces.

Combine tomatoes, cucumbers, onion, vinegar, basil and remaining 2 tablespoons olive oil in large serving bowl. Sprinkle with salt and pepper to taste. Top with bread pieces just prior to serving.

Red Cabbage and Chickpea Salad

Ingredients

1 (16 ounce) can chickpeas,
rinsed and drained
1 cup chopped red cabbage
1/2 cup chopped tomato
1 tablespoon chopped onion
salt and pepper to taste
2 tablespoons tahini salad
dressing

Directions

Combine chickpeas, red cabbage, tomato, and onion in a bowl. Season with salt and pepper. Toss with salad dressing until ingredients are evenly coated.

Chickpeas in Tomato Sauce With Feta and Wine

Ingredients

1 1/3 tablespoons olive oil
1 onion, chopped
2 cloves garlic, peeled and minced
1 tablespoon dried oregano
1 (14.5 ounce) can diced tomatoes, drained
1/2 cup dry white wine
1 (15 ounce) can chickpeas (garbanzo beans), drained
3/4 cup crumbled feta cheese
salt and ground black pepper to taste

Directions

Heat oil in a medium skillet over medium heat, and stir in the onion, garlic, and oregano. Cook and stir about 10 minutes, until onions are tender.

Mix tomatoes into the skillet, and cook until heated through. Mix in wine, and continue cooking about 15 minutes, until thickened.

Stir garbanzo beans and feta cheese into the skillet, and cook 5 minutes, until the cheese has melted. Season with salt and pepper. Remove from heat, and allow to cool about 5 minutes before serving.

Mediterranean Chickpea Salad I

Ingredients

1 (15 ounce) can garbanzo beans (chickpeas), drained and rinsed
1/2 cup oil-packed sun-dried tomatoes, drained and cut into strips
1 cup crumbled feta cheese
1 red onion, chopped
2 cloves garlic, minced
1 tablespoon chopped fresh cilantro
2 tablespoons olive oil
2 tablespoons lemon juice
salt to taste

Directions

In a bowl, mix the garbanzo beans, sun-dried tomatoes, feta cheese, onion, garlic, and cilantro. In a separate bowl, whisk together the olive oil, lemon juice, and salt, and pour over the salad. Refrigerate at least 3 hours before serving.

Curried Bean Salad

Ingredients

1 (16 ounce) can kidney beans, rinsed and drained
1 (15 ounce) can pinto beans, rinsed and drained
1 (15 ounce) can garbanzo beans or chickpeas, rinsed and drained
1 (15.25 ounce) can whole kernel corn, drained
3 celery ribs, chopped
1/2 cup chopped green onions
1/2 cup cider vinegar
1/4 cup vegetable oil
4 garlic cloves, minced
2 teaspoons dried oregano
1 teaspoon pepper
1/2 teaspoon ground cumin
1/2 teaspoon curry powder

Directions

In a bowl, combine the beans, corn, celery and onions. In a jar with a tight-fitting lid, combine the remaining ingredients; shake well. Drizzle over bean mixture and toss gently to coat. Cover and refrigerate overnight. Serve with a slotted spoon.

Chickpea Soup II

Ingredients

1/8 cup olive oil
1 onion, chopped
1 clove garlic, minced
1 green bell pepper, chopped
5 button mushrooms, chopped
1/2 teaspoon dried oregano
1/2 teaspoon dried parsley
1/2 teaspoon dried basil
1 pinch crushed red pepper flakes
1 (15 ounce) can tomato sauce
1 (15 ounce) can garbanzo beans,
drained
4 cups water

Directions

In a large saucepan over medium heat, combine the olive oil, onion, garlic, bell pepper, mushrooms, oregano, parsley, basil and red pepper flakes. Saute for about 5 minutes, or until onions are tender. Add the tomato sauce, chickpeas and water. Reduce heat to low, cover and simmer for 30 minutes.

Chickpea Macaroni Salad

Ingredients

1 cup macaroni
1 (19 ounce) can chickpeas (garbanzo beans), drained
4 tomatoes, chopped
1 onion, chopped
1 clove garlic, minced
6 ounces feta cheese, crumbled
1 cup pitted black olives
1 teaspoon salt
1/2 teaspoon ground black pepper
1/2 cup olive oil
1/4 cup fresh lemon juice

Directions

Bring a medium saucepan of lightly salted water to a boil. Add macaroni, and cook 8 to 10 minutes, or until al dente. Rinse under cold water to chill, and drain.

Meanwhile, combine the chickpeas, tomatoes, onion, garlic, feta cheese, olives, salt, pepper, olive oil, and lemon juice in a large bowl. Set aside to marinate while the pasta is cooking.

Mix macaroni with chickpea mixture. Cover, and refrigerate for at least 30 minutes to blend flavors.

Roasted Chickpeas

Ingredients

1 (12 ounce) can chickpeas
(garbanzo beans), drained
2 tablespoons olive oil
salt (optional)
garlic salt (optional)
cayenne pepper (optional)

Directions

Preheat oven to 450 degrees F (230 degrees C).

Blot chickpeas with a paper towel to dry them. In a bowl, toss chickpeas with olive oil, and season to taste with salt, garlic salt, and cayenne pepper, if using. Spread on a baking sheet, and bake for 30 to 40 minutes, until browned and crunchy. Watch carefully the last few minutes to avoid burning.

Quorn[®] and Chickpea Curry

Ingredients

2 tablespoons vegetable oil
1 (12 ounce) package Quorn[®] Chicken-Style Recipe Tenders
1 medium onion, chopped
3 cloves garlic, crushed
1/2 teaspoon cumin seed
1/2 teaspoon black mustard seed
1 teaspoon ground turmeric
1 teaspoon ground cumin
1 teaspoon ground coriander
1 teaspoon chili powder
1 teaspoon salt
2 teaspoons tomato puree
1 (8 ounce) can chickpeas (garbanzo beans), drained
1 (14 ounce) can diced tomatoes
1 cup vegetable broth
1 teaspoon garam masala

Directions

Heat 1 tablespoon oil in a large skillet or wok over medium-high heat. Cook Quorn in oil until golden brown. Set aside.

Using the same pan, heat remaining 1 tablespoon oil over medium heat. Cook onion, garlic, cumin seed, and mustard seed in oil for 3 to 5 minutes, or until the onion is soft.

Season with ground turmeric, cumin, and coriander, chili powder, and salt. Mix in tomato puree, then stir in Quorn, chickpeas, diced tomatoes, and vegetable stock. Bring to a boil, reduce heat to medium-low, and simmer for 20 to 25 minutes. Remove from heat, and mix in garam masala.

Falafel I

Ingredients

2 cups chickpeas (garbanzo beans), drained
4 cloves garlic - peeled and sliced
3 tablespoons peanut butter
1 green onion, chopped
1 onion, cut into chunks
1 egg
1/4 teaspoon ground coriander
1/4 teaspoon ground cumin
1/4 teaspoon cayenne pepper
1 tablespoon soy sauce
1 tablespoon corn oil

Directions

In a food processor or blender puree chickpeas. To the chickpeas add garlic, peanut butter, green onion, onion, egg, coriander, cumin, cayenne pepper and soy sauce; process until well mixed. Shape into balls, using about 1 tablespoon for each.

Heat oil in a medium skillet over medium-high heat. Brown balls on all sides.

Slow Cooker Vegetable Chili

Ingredients

1 (28 ounce) can whole peeled tomatoes with juice
1 (15 ounce) can garbanzo beans, drained
2 zucchini, thinly sliced
1 onion, chopped
2 carrots, sliced
2 stalks celery, sliced
1 red bell pepper, chopped
1/3 cup chili powder
1 (4 ounce) can chopped green chile peppers
2 cloves garlic, minced
1 tablespoon dried oregano
2 teaspoons ground cumin
1 teaspoon salt

Directions

In a slow cooker, combine the tomatoes, chickpeas, zucchini, onion, carrots, celery, red bell pepper, green bell pepper, chili powder, green chile peppers, garlic, oregano, cumin and salt.

Cover and cook on low for 6 to 8 hours OR on high for 3 to 4 hours.

Garbanzo Bean Patties

Ingredients

1 (16 ounce) package dry chickpeas
1 onion, chopped
1 tablespoon dried thyme
salt and pepper to taste
2 1/2 cups dry bread cubes
2 eggs, beaten
4 tablespoons vegetable oil

Directions

In a large pot cover the garbanzo beans with at least 12 cups water. Cook over medium heat for 2 1/2 to 3 hours, or until tender. Check occasionally, as you might need to add more water.

Working in small batches, in a blender, on either the chop or blend setting, process garbanzo beans. Blend until the mixture is a paste. Add onions, thyme, salt and pepper to the mixture; mix well. Add bread cubes and egg; mix well.

Form the garbanzo bean mixture into patties.

Heat oil in a large skillet over medium heat. Fry patties until each side is golden brown.

Simple Roasted Chickpea Snack

Ingredients

2 tablespoons olive oil
1 tablespoon ground cumin
1 teaspoon garlic powder
1/2 teaspoon chili powder
1 pinch sea salt
1 pinch ground black pepper
1 dash crushed red pepper
1 (15 ounce) can chickpeas,
rinsed and drained

Directions

Preheat an oven to 350 degrees F (175 degrees C).

Whisk the oil, cumin, garlic powder, chili powder, sea salt, black pepper, and red pepper together in a small bowl; add the chickpeas and toss to coat. Spread into a single layer on a baking sheet.

Roast in the preheated oven, stirring occasionally, until nicely browned and slightly crispy, about 45 minutes.

Mediterranean Chickpea Salad II

Ingredients

1 (15 ounce) can garbanzo beans (chickpeas), drained and rinsed
1 roma (plum) tomato, seeded and diced
1/2 medium green bell pepper, diced
1 small onion, finely chopped
1 small clove garlic, minced
1 tablespoon chopped fresh parsley
2 tablespoons olive oil
1 lemon, juiced

Directions

In a bowl, toss together the garbanzo beans, roma tomato, green bell pepper, onion, garlic, parsley, olive oil, and lemon juice. Cover, and chill until serving.

Preety's Chickpea Salad

Ingredients

1 clove garlic, minced
2 teaspoons olive oil
1 (16 ounce) can garbanzo beans (chickpeas), drained and rinsed
1 tomato, chopped
1/3 onion, chopped
1 teaspoon cider vinegar (optional)
1/2 teaspoon salt, or to taste
1 pinch ground black pepper
1/2 lemon, sliced

Directions

Mix the garlic and olive oil in a small microwave-safe bowl. Cook 15 seconds in the microwave on High, or just until warm.

In a large bowl, toss together the garlic and olive oil, garbanzo beans, tomato, onion, and vinegar. Season with salt and pepper, and garnish with lemon slices. Cover and chill until serving.

Basil and Pesto Hummus

Ingredients

1 (16 ounce) garbanzo beans
(chickpeas), drained and rinsed
1/2 cup basil leaves
1 clove garlic
1 tablespoon olive oil
1/2 teaspoon balsamic vinegar
1/2 teaspoon soy sauce
salt and ground black pepper to
taste

Directions

Combine the garbanzo beans, basil, and garlic in a food processor; pulse several times. Use a spatula to push mixture from sides of processor bowl. Pulse the mixture again while drizzling in the olive oil. Add the vinegar and soy sauce; pulse until combined. Season with salt and pepper.

Ingredients

1 (14.5 ounce) can chickpeas (garbanzo beans), drained and rinsed
1/4 cup red wine vinegar
1 teaspoon ground coriander
1 teaspoon ground cayenne pepper
1/2 teaspoon ground cumin
1/2 (16 ounce) package ditalini pasta
1 1/2 cups short-grain rice, rinsed cold water, to cover
1 1/2 cups dark brown lentils water, to cover
1 pinch salt and ground black pepper to taste
1 tablespoon olive oil
1 yellow onion, minced
3 cloves garlic, minced
1 (14 ounce) can crushed tomatoes
1 tablespoon butter
3 cups chicken stock
1 (3 ounce) can French-fried onions

Directions

Combine the chickpeas, vinegar, coriander, cayenne pepper, and cumin in a resealable bag or container with a tight-fitting lid. Store in refrigerator while prepping remainder of dish, shaking occasionally.

Bring a pot of lightly salted water to a rolling boil. Cook the ditalini pasta in the boiling water until cooked through yet firm to the bite, about 8 minutes; drain and set aside.

Combine the rice with enough cold water to cover; allow to soak for 20 minutes. Drain.

Meanwhile, combine the lentils with enough water to cover in a pot; season with salt and pepper. Bring the lentils to a boil and cook at a boil until tender, about 30 minutes. Drain.

Heat the olive oil in a saucepan over medium-high heat; cook and stir the onion and garlic in the hot oil until translucent, 5 to 7 minutes. Add the crushed tomatoes, season with salt and pepper, reduce heat to medium-low, and maintain at a simmer while preparing remainder of dish.

Melt the butter in a pot over medium-high heat. Add the rice to the butter, increase heat to high, and fry for 4 to 5 minutes, stirring constantly. Pour the chicken stock over the rice; bring to a boil. Season the rice mixture with salt and pepper, reduce heat to low, cover the pot, and cook until rice is tender, and the liquid has been absorbed, about 20 minutes.

Mix the rice and lentils together on a large serving platter. Spread the cooked ditalini over the rice and lentil mixture. Serve with the marinated chickpeas, the tomato sauce, and the French-fried onions as condiments.

Greek Hero

Ingredients

2 tablespoons lemon juice
1 tablespoon olive or canola oil
1 (15 ounce) can garbanzo beans
or chickpeas, rinsed and drained
2 garlic cloves, minced
1 teaspoon dried oregano
1/4 teaspoon salt
1/8 teaspoon pepper
SANDWICH:
1 (8 ounce) loaf French baguette
2 medium sweet red peppers, cut
into thin strips
1/2 medium cucumber, sliced
2 small tomatoes, sliced
1/4 cup thinly sliced red onion
1/4 cup chopped ripe olives
1/4 cup chopped pimento-stuffed
olives
1/2 cup crumbled feta cheese
4 lettuce leaves

Directions

For hummus, place the lemon juice, oil and beans in a food processor; cover and process until smooth. Add garlic, oregano, salt and pepper; mix well.

Slice bread in half horizontally. Carefully hollow out bottom half, leaving a 1/2-in shell. Spread hummus into shell. Layer with the red peppers, cucumber, tomatoes, onion, olives, cheese and lettuce. Replace bread top. Cut into four portions.

High-Protein Torte

Ingredients

1 (19 ounce) can chickpeas (garbanzo beans), rinsed
4 eggs
1 (15 ounce) can pumpkin
1 cup Splenda (or sugar)
2 tablespoons maple sugar
1/2 teaspoon baking powder
2 teaspoons pumpkin pie spice
6 ounces whipped cream cheese
2 cups powdered sugar
1 (11 ounce) can mandarin oranges, drained
1/4 cup walnut halves

Directions

Preheat oven to 350 degrees. In a blender or food processor, combine chickpeas and eggs until smooth. Add pumpkin, Splenda, syrup, baking powder and spice; process again until smooth.

Spray a round cake pan with oil. Fill with batter. Bake until a knife inserted in the middle comes out clean, about 60 minutes. Cool. (Be sure the cake is completely cool before removing it from the pan, because it is very soft.)

Combine cream cheese and powdered sugar. Spread over top and sides of cake. Decorate with mandarin oranges and walnuts.

Shortcut Minestrone

Ingredients

4 bacon strips, diced
1 large onion, chopped
3 medium carrots, chopped
3 garlic cloves, minced
1 (28 ounce) jar spaghetti sauce
4 cups beef broth
1 (16 ounce) can kidney beans,
rinsed and drained
1 (15 ounce) can garbanzo beans
or chickpeas, rinsed and drained
2/3 cup uncooked pasta shells
2 teaspoons brown sugar
1/2 teaspoon dried basil
1/2 teaspoon dried oregano
1 cup frozen cut green beans
grated Parmesan cheese

Directions

In a Dutch oven or soup kettle, cook bacon over medium heat until crisp. Using a slotted spoon, remove to paper towels. Drain, reserving 2 tablespoons drippings. In the drippings, saute onion and carrots for 3-4 minutes or until tender. Add garlic; cook 2 minutes longer.

Stir in spaghetti sauce, broth and beans. Bring to a boil. Add the pasta, brown sugar, basil and oregano. Cook, uncovered, for 8-10 minutes or until pasta is tender, stirring occasionally. Add green beans; cook 5 minutes longer or until heated through. Garnish with Parmesan cheese if desired and bacon.

Rosemarie's Italian Style Soup

Ingredients

2 tablespoons olive oil
1 small onion, chopped
3 stalks celery, chopped
1 (28 ounce) can whole peeled tomatoes, with liquid
2 cups water
1/4 teaspoon dried basil
1 (15 ounce) can chickpeas (garbanzo beans), drained
1/4 pound cooked pasta

Directions

Heat the oil in a large pot over medium heat. Add the onion and celery and saute for 5 to 10 minutes, or until tender.

Reduce heat to medium low, add the tomatoes and the water and break the tomatoes apart with your hands in the pot. Then simmer for 10 minutes.

Stir in the basil, chickpeas and pasta and simmer for 15 to 20 more minutes, or until all ingredients are heated through.

Chickpea Soup I

Ingredients

2 tablespoons olive oil
1 onion, chopped
2 cloves garlic, minced
2 cups peeled and chopped sweet potatoes
3 cups chicken broth
1 bay leaf
1 teaspoon dried basil
1/2 teaspoon dried thyme
1/4 teaspoon paprika
1 tomato, chopped
1 (10 ounce) package frozen mixed vegetables
1 (15 ounce) can garbanzo beans, drained
salt to taste
ground black pepper to taste

Directions

In a saucepan, warm oil over moderate heat. Add onion, garlic, and sweet potatoes; saute 5 minutes.

Stir in broth, bay leaf, basil, thyme, and paprika. Salt and pepper to taste. Bring to a boil, and then reduce heat to medium low. Cover. Simmer until vegetables are tender but not mushy, about 15 minutes.

Stir in tomato, green beans, and chickpeas. Simmer uncovered until tender, about 10 minutes more. Serve hot.

Cholay (Curried Chickpeas)

Ingredients

2 cups water
1 tea bag
1 bay leaf
2 (15.5 ounce) cans garbanzo beans, drained
2 tablespoons vegetable oil, divided
1 onion, sliced
3 tomatoes, chopped
1/4 cup fresh cilantro leaves
1 teaspoon ground coriander
1 teaspoon cumin seeds
1 teaspoon grated fresh ginger root
1 teaspoon grated garlic
1 teaspoon ground turmeric (optional)
1 onion, finely chopped
ground cayenne pepper to taste
1 pinch garam masala (optional)

Directions

Place the 2 cups water, tea bag, and bay leaf into a pot, and bring water to a boil. Reserving about 1/2 cup garbanzo beans, stir the beans into the boiling water. When beans are heated through, discard the tea bag and bay leaf. Remove from heat. Drain the beans, reserving water, and set aside.

Heat 2 teaspoons oil in a skillet over medium heat, and saute the sliced onion until tender. Remove from heat, cool, and mix in the reserved garbanzo beans, 1 tomato, and 1/2 the cilantro leaves. Set aside.

Heat the remaining oil in a skillet over medium heat. Blend in the coriander, cumin seeds, ginger, and garlic. Cook and stir for 15 to 20 seconds, until lightly browned. Mix in the turmeric. Stir the chopped onion into the skillet, and cook until tender. Mix in the remaining tomatoes. Season with salt, cayenne pepper, and garam masala. Bring the tomato liquid to a boil, and cook about 5 minutes. Stir in the boiled garbanzo beans, sliced onion mixture, and enough of the reserved water to attain a thick, gravy-like consistency. Continue to cook and stir 5 minutes. Garnish with the remaining cilantro leaves to serve.

Lamb L'Arabique

Ingredients

2 tablespoons olive oil, divided
2 pounds lamb shanks
1 large onion, quartered
4 cloves garlic, chopped
6 cups roma (plum) tomatoes, chopped
1 (15 ounce) can chickpeas (garbanzo beans), drained
1 cup cooked lentils
1 tablespoon ground cumin
1 teaspoon ground cinnamon
1/4 teaspoon ground nutmeg
1/8 teaspoon crushed red pepper flakes
1 teaspoon finely chopped green chile peppers
1 dash hot pepper sauce

Directions

Heat 1 tablespoon oil in a large skillet over medium-high heat. Saute lamb shanks until lightly browned, then remove them from skillet and place in a deep casserole dish. Saute onion and garlic in skillet until tender, then stir in tomatoes, chickpeas and lentils. Season mixture with cumin, cinnamon, nutmeg, red pepper flakes, chile peppers and hot pepper sauce. Mix well and allow flavors to blend over medium heat, for about 3 minutes.

Preheat oven to 375 degrees F (190 degrees C).

Remove browned shanks from casserole for a moment; transfer vegetable mixture from skillet to casserole dish, then replace shanks on top of vegetable mixture.

Cover dish and bake at 375 degrees F (190 degrees C) for 2 hours, or until lamb is cooked through and receding from the bone.

Pressure Cooker Italian Chicken Soup

Ingredients

2 teaspoons olive oil
4 Italian turkey sausage links,
casings removed
1 medium onion, diced
3 cloves garlic, minced
1/2 cup pearl barley
1 cup green lentils
1 bone-in chicken breast half, skin
removed
1/2 cup chopped fresh parsley
3 cups chicken stock
1 (15 ounce) can chickpeas
(garbanzo beans), drained
1 (16 ounce) bag fresh spinach
leaves, chopped
1 cup mild salsa

Directions

heat 1 teaspoon olive oil in a pressure cooker over medium heat. Add sausage meat, and cook until browned, breaking it into crumbles. Remove sausage to a plate and drain oil. Add another 1 teaspoon of olive oil to pressure cooker; cook onion and garlic until onion is transparent. Add barley and stir 1 minute. Return sausage to pressure cooker. Add lentils, chicken, parsley, and chicken stock to cooker, adding enough stock to completely cover chicken. Close cover securely; place pressure regulator on vent pipe. Bring pressure cooker to full pressure over high heat (this may take 15 minutes). Reduce heat to medium high; cook for 9 minutes. Pressure regulator should maintain a slow steady rocking motion; adjust heat if necessary.

Remove pressure cooker from heat; use quick-release following manufacturer's instructions or allow pressure to drop on its own. Open cooker and remove chicken; shred meat and return to soup. Add garbanzo beans, spinach and salsa; stir to blend and heat through before serving.

Jumpin' Chickpeas

Ingredients

1/2 tablespoon olive oil
1 (16 ounce) can garbanzo beans (chickpeas), rinsed and drained
2 teaspoons lemon-pepper seasoning
1 teaspoon Creole seasoning
black pepper to taste

Directions

Heat oil in a large skillet over medium-high heat. Pour beans into hot skillet. Stir in lemon-pepper, Creole seasoning, and a few grinds of black pepper. Cover, and cook, stirring often, until beans are golden brown and begin to 'jump' around the pan, about 5 minutes.

West African Vegetable Stew

Ingredients

1 tablespoon vegetable oil
2 cups sliced onions
2 cloves garlic, minced
1 pound sweet potato, peeled and cut into 1/4-inch half slices
1 large tomato, coarsely chopped
1/2 cup raisins
1/2 teaspoon ground cinnamon
1/2 teaspoon crushed red pepper
1 (10.5 ounce) can Campbell's® Condensed Chicken Broth
1/2 cup water
1 (15 ounce) can chick peas (garbanzo beans), rinsed and drained
4 cups coarsely chopped spinach

Directions

Heat oil in skillet. Add onion and garlic. Cook until onion is tender.

Add potatoes and tomatoes. Cook 5 minutes. Add raisins, cinnamon, red pepper, broth and water. Heat to a boil. Cover and cook over low heat 15 minutes.

Add chickpeas and spinach. Heat through. Serve over cooked rice or couscous, if desired.

Chickpea Salad with Red Onion and Tomato

Ingredients

19 ounces garbanzo beans,
drained
2 tablespoons red onion, chopped
2 cloves garlic, minced
1 tomato, chopped
1/2 cup chopped parsley
3 tablespoons olive oil
1 tablespoon lemon juice
salt and pepper to taste

Directions

In a large bowl, combine the chickpeas, red onion, garlic, tomato, parsley, olive oil, lemon juice and salt and pepper to taste. Chill for 2 hours before serving. Taste and adjust seasoning. Serve.

Lemon Garlic Hummus

Ingredients

3/4 cup vegetable oil
3 tablespoons lemon juice
2 cups garbanzo beans
(chickpeas), rinsed and drained
2 teaspoons minced garlic
1/2 teaspoon salt
Pita bread, cut into wedges

Directions

In a food processor, combine the oil, lemon juice, beans, garlic and salt; cover and process until smooth. Transfer to a small bowl. Serve with pita wedges.

Kidney Bean and Chickpea Salad

Ingredients

1 (16 ounce) can kidney beans, rinsed and drained
1 (15 ounce) can chickpeas (garbanzo beans), drained and rinsed
1 cup chopped tomatoes
1/2 cup julienned green pepper
1/4 cup thinly sliced onion
1/2 cup reduced-fat ranch salad dressing

Directions

In a large bowl, combine the beans, chickpeas, tomatoes, green pepper and onion. Cover and refrigerate. Toss with dressing just before serving.

Tomato Topped PHILLY Bean Dip

Ingredients

1 (19 ounce) can chickpeas (garbanzo beans), drained
1 1/2 cups KRAFT 3 Cheese Mexicana Finely Shredded Cheese, divided
125 grams PHILADELPHIA Brick Cream Cheese, softened
1/2 cup sour cream
1/4 teaspoon ground red pepper (cayenne)
2 green onions, chopped
1/2 cup chopped tomato
CHRISTIE Wheat Thins Crackers

Directions

Heat oven to 350 degrees F. Place chickpeas, 1 cup of the cheese, cream cheese, sour cream and ground red pepper in blender or food processor container; cover.

Blend until smooth. Stir in green onions.

Spread into 9-inch pie plate.

Bake 20 min. or until light golden brown. Top with remaining 1/2 cup cheese and tomato. Serve with crackers.

Better Vegetable Stew

Ingredients

1 tablespoon olive oil
2 potatoes, cut into wedges
3 carrots, peeled and cut into large chunks
2 onions, peeled and quartered
1 tablespoon cumin seeds, toasted
1 tablespoon mustard seed, toasted
1/2 teaspoon dried oregano
1 medium head garlic
4 large red bell peppers
4 fresh tomatoes, cored
1 cinnamon stick
1 (29 ounce) can diced tomatoes
1 (15 ounce) can garbanzo beans, drained
1 lemon, juiced
salt and pepper to taste
2/3 cup cooked white rice

Directions

Preheat oven to 400 degrees F (200 degrees C).

Cover two baking sheets with aluminum foil, and drizzle with olive oil. Arrange potatoes, carrots and onions on one baking sheet. Drizzle with more olive oil and sprinkle with oregano, cumin and mustard seeds. Place the garlic bulb on the baking sheet. Arrange the peppers and tomatoes on the second baking sheet, and sprinkle with olive oil.

Place both pans in the oven. Cook, stirring the contents occasionally, until the potatoes, carrots and onions are tender and the peppers and tomatoes are black, about 30 to 45 minutes. The bell peppers and tomatoes may take a little longer to cook than the potatoes, carrots, onions, and garlic. Feel free to remove the baking sheet of potatoes earlier than the baking sheet of bell peppers. Reduce the oven's heat to 350 degrees F (175 degrees C).

Transfer the tomatoes and peppers into a medium size mixing bowl with the canned tomatoes and cinnamon stick. Cover the bowl, and let it set for 30 minutes.

Skin and seed the peppers and skin the tomatoes. Chop the peppers and tomatoes and place them into a medium size pot that can be placed in the oven. Squeeze the garlic from skins into the pot and stir in the potato mixture and chickpeas. Season with lemon juice, salt, and black pepper.

Cover the stew, and bake it for 30 minutes.

Chickpea and Pasta Soup

Ingredients

1 tablespoon olive oil
7 cloves garlic, minced
2 tablespoons chopped fresh rosemary
2 cups crushed tomatoes
2 cups low fat, low sodium chicken broth
1 cup cooked chickpeas
1 cup cooked elbow macaroni
salt and pepper to taste

Directions

In a large pot over medium heat, combine the oil and garlic and saute for 3 minutes. Stir in the rosemary and saute for 2 more minutes. Add the tomatoes and simmer for 15 minutes.

Add the broth and chickpeas and simmer for an additional 10 minutes. Finally, add the macaroni and allow to heat through completely, about 5 more minutes. Season with salt and pepper to taste and serve.

Carrot Bean Salad

Ingredients

2 cups thinly sliced carrots
1 (15 ounce) can garbanzo beans
or chickpeas, rinsed and drained
1 cup thinly sliced celery
2 tablespoons lemon juice
2 teaspoons olive oil
1/2 teaspoon lemon-pepper
seasoning
1/4 teaspoon salt
1/2 cup minced fresh cilantro

Directions

Place carrots in a steamer basket; place in a saucepan over 1 in. of water. Bring to a boil; cover and steam for 5-6 minutes or until crisp-tender. Immediately place carrots in a bowl of ice water. In another bowl, combine the garbanzo beans and celery. Drain carrots and add to bean mixture.

In a small bowl, whisk the lemon juice, oil, lemon-pepper and salt. Pour over carrot mixture and toss to coat. Cover and refrigerate for at least 4 hours. Just before serving, stir in cilantro.

Casablanca Chili

Ingredients

3 cups cooked ham, cut into one inch cubes
2 tablespoons brown sugar
1 teaspoon ground allspice
1 (9 ounce) package mango chutney
2 tablespoons lime juice
2 tablespoons creamy peanut butter
1/4 cup raisins
1 (15 ounce) can chickpeas, rinsed and drained
1 (16 ounce) can chili beans in spicy sauce
2 (10 ounce) cans diced tomatoes with green chile peppers

Directions

In a large saucepan or Dutch oven, combine the cubed ham, brown sugar, allspice, mango chutney, lime juice, peanut butter, raisins, chick peas, chili beans, and diced tomatoes with chilies. Cook over medium-high heat, stirring frequently, for 15 to 20 minutes, until thoroughly heated.

Spiced Sweet Roasted Red Pepper Hummus

Ingredients

1 (15 ounce) can garbanzo beans, drained
1 (4 ounce) jar roasted red peppers
3 tablespoons lemon juice
1 1/2 tablespoons tahini
1 clove garlic, minced
1/2 teaspoon ground cumin
1/2 teaspoon cayenne pepper
1/4 teaspoon salt
1 tablespoon chopped fresh parsley

Directions

In an electric blender or food processor, puree the chickpeas, red peppers, lemon juice, tahini, garlic, cumin, cayenne, and salt. Process, using long pulses, until the mixture is fairly smooth, and slightly fluffy. Make sure to scrape the mixture off the sides of the food processor or blender in between pulses. Transfer to a serving bowl and refrigerate for at least 1 hour. (The hummus can be made up to 3 days ahead and refrigerated. Return to room temperature before serving.)

Sprinkle the hummus with the chopped parsley before serving.

Cara's Moroccan Stew

Ingredients

1 cup French green lentils
3 bay leaves
2 whole garlic cloves
3 tablespoons olive oil
1 teaspoon chopped fresh thyme leaves
1 tablespoon minced garlic

1 tablespoon olive oil
1 teaspoon crushed hot chile flakes
1 teaspoon ground cinnamon
1 teaspoon ground cumin
1 teaspoon ground coriander
1 tablespoon minced garlic
1 cup chopped onions
1 cup chopped celery
1 cup chopped zucchini
1 red bell pepper, diced
1 yellow bell pepper, diced
1 butternut squash - peeled, seeded, and cut into 1-inch cubes
1 (8 ounce) can crushed tomatoes
1 (15 ounce) can chickpeas, drained
4 cups vegetable stock
1 cup chopped fresh flat-leaf parsley
1/2 cup plain yogurt (optional)
2 tablespoons chopped fresh mint (optional)
1/4 teaspoon cayenne pepper (optional)

Directions

Fill a large pot with water and bring to a boil over high heat. Stir in the lentils, bay leaves, and whole garlic cloves. Return to a boil, then reduce heat to low and simmer lentils until they are cooked but still firm, about 10 minutes. Drain well. Place lentils in a bowl; toss with olive oil, thyme, and 1 tablespoon chopped garlic. Remove bay leaves and whole garlic cloves; set aside.

Heat 1 tablespoon olive in a large pot over medium heat. Stir in chili flakes, cinnamon, cumin, and coriander and cook until fragrant. Add garlic, onion, celery, zucchini, red and yellow peppers, and squash; cook 3 or 4 minutes.

Mix in the lentils, tomatoes, chickpeas, and vegetable stock. Raise heat to medium-high until stew just begins to boil; reduce heat to low and cover. Simmer until squash is tender, about 20 minutes, stirring once or twice. Add the chopped parsley. Ladle into serving bowls and garnish with a dollop of yogurt, some chopped mint, and a pinch of cayenne pepper.

Yummy Couscous Salad

Ingredients

1/2 cup creamy salad dressing
1/4 cup plain yogurt
1 teaspoon ground cumin
salt and pepper to taste
1 tablespoon butter
1/2 cup couscous
1 cup water
1 red onion, chopped
1 red bell pepper, chopped
1/3 cup chopped parsley
1/3 cup raisins
1/3 cup toasted and sliced almonds
1/2 cup canned chickpeas, drained

Directions

In a medium bowl, blend creamy salad dressing, yogurt, cumin, salt and pepper. Cover, and place in the refrigerator 1 hour, or until chilled.

Melt butter in a medium saucepan over medium heat. Stir in couscous, and coat with butter. Stir in water, reduce heat, and a simmer, covered, until all water is absorbed, about 5-10 minutes.

Mix couscous, red onion, red bell pepper, parsley, raisins, almonds and chickpeas into the creamy salad dressing mixture. Cover, and chill in the refrigerator until serving.

Mediterranean Couscous Salad

Ingredients

1/4 cup lemon juice
2 tablespoons olive oil
3 tablespoons tahini paste
1/4 cup chopped fresh mint leaves
1/2 teaspoon asafoetida powder
1/4 cup chopped fresh parsley
salt and pepper to taste

1 1/2 cups water
1 teaspoon salt
2 tablespoons olive oil
1 1/2 cups couscous
1/2 cup diced tomato
1/4 cup diced red bell pepper
1/4 cup diced green bell pepper
1/4 cup canned green beans, diced
1/2 cup cooked chickpeas
1/2 cup diced Persian cucumbers
1/4 cup green olives, pitted and quartered
1/4 cup roasted peanuts

Directions

Make a dressing by whisking together the lemon juice, 2 tablespoons olive oil, tahini paste, mint, asafoetida powder, and parsley; season with salt and pepper. Set aside.

Combine the water with 1 teaspoon salt and 2 tablespoons olive oil in a saucepan; bring to a boil over medium heat. Remove from heat and stir the couscous into the water; cover for 10 minutes.

Place the couscous in a large bowl. Mix the diced tomato, red bell pepper, green bell pepper, green beans, chickpeas, cucumber, olives, and peanuts into the couscous. While stirring, slowly pour the dressing into the mixture. Serve immediately.

Broccoli Bean Pasta

Ingredients

10 cups water
6 ounces uncooked small pasta shells
3 cups broccoli florets
3 garlic cloves, minced
2 tablespoons olive or canola oil
1 (15 ounce) can garbanzo beans or chickpeas, rinsed and drained
2/3 cup white wine or vegetable broth
1/8 teaspoon crushed red pepper flakes
2 teaspoons cornstarch
1/2 teaspoon salt
1/2 cup fat-free evaporated milk
1/2 cup shredded Parmesan cheese, divided

Directions

In a large saucepan, bring water to a boil. Add pasta; cook for 7 minutes. Add broccoli; cook 4-5 minutes longer or until pasta and broccoli are tender. Meanwhile, in a large nonstick skillet, saute garlic in oil for 1 minute. Add the beans, wine or broth and pepper flakes. Bring to a boil. Reduce heat; simmer, uncovered, for 7-8 minutes or until slightly reduced.

Drain pasta and broccoli; keep warm. Combine cornstarch, salt and milk until smooth; stir into bean mixture. Bring to a boil; cook and stir for 2 minutes or until thickened. Reduce heat; stir in 1/4 cup Parmesan cheese. Add pasta mixture; toss to coat. Sprinkle with remaining cheese.

Spinach with Chickpeas and Fresh Dill

Ingredients

2 tablespoons olive oil
1 large onion, thinly sliced
1 1/2 cups canned chickpeas,
drained
1 pound spinach
1/2 cup minced fresh dill weed
2 lemons, juiced
salt and pepper to taste

Directions

In a large skillet, heat olive oil over medium heat. Add onion, and saute until soft. Add chickpeas, and toss to coat in oil.

Clean spinach and cut away thick stems; add undrained spinach and dill to skillet, and cook until spinach is tender.

Stir in lemon juice, and season with salt and pepper to taste. Serve warm.

Italian Chicken and Chickpeas

Ingredients

2 tablespoons olive oil
4 skinless, boneless chicken breast halves
2 tablespoons dried rosemary
1 tablespoon olive oil
3 cloves garlic, minced
1 (15 ounce) can tomato sauce
1 teaspoon Italian seasoning
1/2 teaspoon cayenne pepper
1 1/2 teaspoons white sugar
1 bay leaf
1/4 teaspoon crushed red pepper flakes
1 (15 ounce) can garbanzo beans, drained and rinsed

Directions

Heat 2 tablespoons olive oil in a large skillet over medium heat. Season the chicken with the rosemary on both sides; cook the chicken in the hot oil until browned evenly, 3 to 4 minutes per side. Remove the chicken from the pan and set aside.

Pour 1 tablespoon olive oil into the skillet. Cook and stir the garlic in the hot oil until fragrant, about 1 minute. Add the tomato sauce, Italian seasoning, cayenne pepper, sugar, bay leaf, and red pepper flakes to the skillet; stir. Return the chicken to the skillet; cover and reduce heat to medium-low. Simmer until the chicken is no longer pink in the center and the juices run clear, 10 to 12 minutes.

Stir the garbanzo beans into the skillet; continue cooking until the beans are heated, 2 to 3 minutes more.

Southwestern Vegetarian Pasta

Ingredients

1 tablespoon vegetable oil
1 onion, chopped
1/2 green bell pepper, diced
2 cloves garlic, chopped
2 tablespoons chili powder
1 teaspoon ground cumin
1 (28 ounce) can diced tomatoes with juice
1 (15 ounce) can chickpeas
1 (10 ounce) package frozen corn kernels, thawed
1 (12 ounce) package uncooked elbow macaroni
1/2 cup shredded Monterey Jack cheese

Directions

Heat oil in a large, deep skillet. Saute onion, green pepper, garlic, chili powder and cumin. Stir in tomatoes, chickpeas and corn. Reduce heat to low and simmer 15 to 20 minutes, or until thickened and heated through.

Meanwhile, bring a large pot of lightly salted water to a boil. Add macaroni and cook for 8 to 10 minutes or until al dente; drain.

Combine pasta and sauce. Sprinkle each serving with Monterey Jack cheese.

Quinoa with Chickpeas and Tomatoes

Ingredients

1 cup quinoa
1/8 teaspoon salt
1 3/4 cups water
1 cup canned garbanzo beans
(chickpeas), drained
1 tomato, chopped
1 clove garlic, minced
3 tablespoons lime juice
4 teaspoons olive oil
1/2 teaspoon ground cumin
1 pinch salt and pepper to taste
1/2 teaspoon chopped fresh
parsley

Directions

Place the quinoa in a fine mesh strainer, and rinse under cold, running water until the water no longer foams. Bring the quinoa, salt, and water to a boil in a saucepan. Reduce heat to medium-low, cover, and simmer until the quinoa is tender, 20 to 25 minutes.

Once done, stir in the garbanzo beans, tomatoes, garlic, lime juice, and olive oil. Season with cumin, salt, and pepper. Sprinkle with chopped fresh parsley to serve.

Curried Chicken Soup with Chickpeas and

Ingredients

1 recipe Fast Chicken Soup Base
2 (16 ounce) cans chickpeas,
drained
2 cups bite-size cauliflower florets
2 tablespoons curry powder
1 (13.5 ounce) can coconut milk
(optional, but very good)
1/2 cup chopped fresh cilantro
Salt and freshly ground black
pepper
grated Parmesan cheese

Directions

Prepare Fast Chicken Soup Base. Bring to a simmer.

Add these, then simmer until tender, 10-20 minutes: 2 16-ounce cans chickpeas, drained; 2 cups bite-size cauliflower florets; 2 Tbs. curry powder; 1 13.5-ounce can coconut milk (optional, but very good).

Before removing from heat, stir in: 1/2 cup chopped fresh cilantro.

Final touch: Add salt and pepper, to taste. Serve soup with grated Parmesan cheese.

Holly's Hummus

Ingredients

1 (15.5 ounce) can garbanzo beans (chickpeas), drained
1/3 cup pitted Spanish Manzanilla olives
1 teaspoon minced garlic
3 tablespoons olive oil
2 tablespoons lemon juice
1 1/2 teaspoons chopped fresh basil
1 teaspoon cilantro leaves
salt and pepper to taste

Directions

Place garbanzo beans, olives, and garlic into the bowl of a blender or food processor. Pour in olive oil and lemon juice; season with basil, cilantro, salt, and pepper. Cover and puree until smooth. Hummus can be served immediately, or covered, and stored in the refrigerator until ready to use.

College Student's Saucy Chickpeas

Ingredients

2 cups canned chickpeas, rinsed and drained
1 1/2 cups canned crushed tomatoes
4 1/2 teaspoons curry powder
1 1/2 teaspoons garlic powder
salt, to taste (optional)

Directions

In a microwave-safe dish, mix together the chickpeas, crushed tomatoes, curry powder, and garlic. Cook in microwave on High for 5 minutes, or until hot.

Garbanzo Bean Tomato Salad

Ingredients

3 tablespoons vegetable oil
1 tablespoon red wine vinegar
1 teaspoon salt, divided
1/4 teaspoon pepper, divided
1 (15 ounce) can garbanzo beans
or chickpeas, rinsed and drained
3 medium tomatoes, thinly sliced
1 medium onion, thinly sliced
1 tablespoon minced fresh basil

Directions

In a bowl, combine the oil, vinegar, 1/2 teaspoon salt and 1/8 teaspoon pepper. Add beans; toss to coat. Place tomatoes in a serving bowl. Top with onion. Sprinkle with basil and remaining salt and pepper. Top with bean mixture. Cover and refrigerate for at least 1 hour. Toss just before serving.

Middle Eastern Rice with Black Beans and

Ingredients

1 tablespoon olive oil
1 clove garlic, minced
1 cup uncooked basmati rice
2 teaspoons ground cumin
2 teaspoons ground coriander
1 teaspoon ground turmeric
1 teaspoon ground cayenne pepper
1 quart chicken stock
1 1/2 pounds ground turkey
2 (15 ounce) cans garbanzo beans (chickpeas), drained and rinsed
2 (15 ounce) cans black beans, drained and rinsed
1 bunch chopped fresh cilantro (optional)
1 bunch chopped fresh parsley (optional)
1/4 cup pine nuts (optional)
salt to taste
ground black pepper to taste

Directions

Heat the olive oil in a large saucepan over medium heat. Stir in garlic, and cook 1 minute. Stir in rice, cumin, coriander, turmeric, and cayenne pepper. Cook and stir 5 minutes, then pour in chicken stock. Bring to a boil. Reduce heat to low, cover, and simmer 20 minutes.

Place the turkey in a skillet over medium heat, and cook until evenly brown.

Gently mix cooked turkey, garbanzo beans, black beans, cilantro, parsley, and pine nuts into the cooked rice. Season with salt and pepper.

Couscous with Chickpeas and Carrots

Ingredients

2 cups canned chicken broth
1 tablespoon vegetable or olive oil
1/2 medium onion, cut into 1/4-inch dice
1 large garlic clove, minced
2 medium carrots, peeled and coarsely grated
1 (10 ounce) package plain couscous
1 (16 ounce) chickpeas, drained and rinsed
salt and pepper
chopped parsley (optional)

Directions

Microwave broth over high heat in a 1-quart glass measuring cup until piping hot, 3 to 4 minutes.

Heat oil in a large saucepan over medium-high heat. Add onion and garlic; saute until softened, 2 to 3 minutes. Add carrots, couscous and chickpeas; stir to combine. Stir in stock, cover and turn off heat. Let stand until stock is completely absorbed, 4 to 5 minutes. Add salt, if necessary, and pepper to taste. Fluff with a fork, strew with the optional chopped parsley and serve with the Mixed Grill.

Chickpea Cauliflower Curry

Ingredients

1 cup uncooked brown rice
4 cups cauliflowerets
1 medium onion, chopped
1 large carrot, diced
2 garlic cloves, minced
2 teaspoons vegetable oil
2 teaspoons minced fresh gingerroot
1 1/2 teaspoons curry powder
1/2 teaspoon salt
1/8 teaspoon ground cloves
1 (15 ounce) can chickpeas (garbanzo beans), drained and rinsed
1 (14.5 ounce) can diced tomatoes, undrained
1 cup fresh or frozen peas

Directions

Cook the rice according to package directions. Set aside and keep warm. Place cauliflower in a saucepan; cover with water. Bring to a boil; cook for 5 minutes. Drain and set aside.

In a large skillet, saute onion, carrot and garlic in oil until tender. Stir in the ginger, curry, salt and cloves if desired. Add the beans, tomatoes, peas and cauliflower. Cook and stir for 5 minutes or until heated through. Remove from the heat. Serve over the rice.

Vegetarian Chickpea Sandwich Filling

Ingredients

1 (19 ounce) can garbanzo beans,
drained and rinsed
1 stalk celery, chopped
1/2 onion, chopped
1 tablespoon mayonnaise
1 tablespoon lemon juice
1 teaspoon dried dill weed
salt and pepper to taste

Directions

Drain and rinse chickpeas. Pour chickpeas into a medium size mixing bowl and mash with a fork. Mix in celery, onion, mayonnaise (to taste), lemon juice, dill, salt and pepper to taste.

25-Minute Tunisian Vegetable Couscous

Ingredients

1 tablespoon olive oil
1 red onion, chopped
1 zucchini, coarsely chopped
1 yellow squash, coarsely chopped
1 carrot, coarsely chopped
1 red bell pepper, coarsely chopped
1 yellow bell pepper, coarsely chopped
1/2 cup sliced baby portabella mushrooms
4 cups vegetable broth
1/2 teaspoon smoked sweet paprika
1/4 teaspoon ground cardamom
1/4 teaspoon salt
1 tablespoon chopped fresh cilantro
1 (16 ounce) can chickpeas, drained
2 Roma tomatoes, sliced
2 cups dry couscous
1 teaspoon grated orange zest
1 tablespoon grated Parmesan cheese (optional)
1/2 teaspoon paprika (optional)
1 tablespoon finely chopped toasted almonds (optional)

Directions

Heat oil in large pot over medium-low heat. Place onion, zucchini, yellow squash, and carrot in pot and cook, stirring occasionally, until onions begin to soften and turn translucent, about 5 minutes. Stir in the red and yellow peppers and mushrooms; cook another 3 minutes. Vegetables should still be firm.

Pour in the vegetable stock and season with paprika, cardamom, salt, and cilantro. Bring mixture to a boil; reduce heat to low. Stir in chickpeas and tomatoes. Slowly pour in the couscous; stir. Cover pot immediately and remove from the heat. Let stand, covered, for 5 minutes. Fluff couscous with a fork. The couscous should have absorbed about half the cooking liquid.

Serve at slightly warmer than room temperature. Garnish with orange zest and the grated cheese, paprika, and almonds.

Chickpea and Eggplant Stew

Ingredients

1 tablespoon olive oil
1 1/2 cups cubed salami
1 medium onion, diced
1 medium green bell pepper, diced
6 cloves garlic, crushed
1 large eggplant - peeled, seeded, and cubed
1 tablespoon tomato paste
1 bunch cilantro, chopped
salt and pepper to taste
dried oregano to taste
1 (15 ounce) can garbanzo beans (chickpeas)
1 (14.5 ounce) can diced tomatoes
2 bay leaves
4 green onions, chopped
6 cups water
1 tablespoon distilled white vinegar (optional)
hot sauce (optional)

Directions

Heat the olive oil in a large saucepan over medium heat. Stir in the salami, and cook until evenly browned. Mix in onion, bell pepper, and garlic. Cook until tender. Mix in eggplant, tomato paste, and cilantro, and season with salt, pepper, and oregano. Continue cooking 15 minutes. Mash the eggplant as it softens, and add a little water if necessary to keep the ingredients from drying out.

Stir the garbanzo beans, tomatoes, bay leaves, and green onions into the skillet, and pour in the water. Bring to a boil for 5 minutes. Reduce heat to low, cover, and simmer 15 minutes. Stir in vinegar and hot sauce before serving.

Hearty Layer Salad

Ingredients

6 cups mixed salad greens
1 (15 ounce) can garbanzo beans
or chickpeas, rinsed and drained
1 cup sliced fresh mushrooms
1 cup cherry tomatoes, halved
1 small cucumber, thinly sliced
1 cup thinly sliced red onion,
separated into rings
3 hard-cooked eggs, sliced
1/2 cup chopped walnuts, toasted
DRESSING:
1 large ripe avocado, peeled and
sliced
1 cup sour cream
2 tablespoons lemon juice
2 garlic cloves, minced
1/2 teaspoon ground cumin
1/4 teaspoon salt
1/8 teaspoon cayenne pepper

Directions

In a large glass bowl, layer the first eight ingredients. In a blender, combine the dressing ingredients; cover and process until smooth. Serve with the salad.

Indian Chickpeas

Ingredients

2 tablespoons vegetable oil
4 cloves garlic, minced
1/2 cup onion, chopped
1 tablespoon minced fresh ginger root
1/8 teaspoon garam masala
2 teaspoons channa masala spice mix
1 large tomato, chopped
1 1/2 cups water
2 (15.5 ounce) cans garbanzo beans, drained and rinsed
salt to taste

Directions

Heat oil in a saucepan over medium-high heat. Stir in the garlic, onion, and ginger, and cook until browned. Stir in the garam masala, channa masala spice, tomato, water, and garbanzos; season to taste with salt. Bring to a simmer, then reduce heat to low, cover and simmer until garbanzos are very soft, about 20 minutes.

Mexican Orzo Salad

Ingredients

1 (16 ounce) package orzo pasta
1 small red bell pepper, chopped
1 small yellow bell pepper,
chopped
1 bunch green onions, chopped
1 small red onion, finely chopped
1 (15 ounce) can chickpeas,
rinsed and drained
1 (15 ounce) can kidney beans,
rinsed and drained
1 (15 ounce) can black beans,
rinsed and drained
1 (8.75 ounce) can whole kernel
corn, drained
1 cup chopped cilantro leaves
salt to taste
pepper to taste
5 limes, juiced
6 tablespoons canola oil

Directions

Fill a large pot with lightly salted water and bring to a boil over high heat. Stir in the orzo, and return to a boil. Cook the pasta uncovered, stirring occasionally, until the pasta has cooked through, but is still firm to the bite, about 10 minutes. Drain.

Place the drained orzo in a large salad bowl, and fold in the red pepper, yellow pepper, green onions, red onion, chickpeas, kidney beans, black beans, corn, cilantro, and salt and pepper to taste. Pour the lime juice and oil over the salad, toss to coat, and refrigerate at least 2 hours to chill before serving.

Savory Roasted Root Vegetables

Ingredients

1 cup diced, raw beet
4 carrots, diced
1 onion, diced
2 cups diced potatoes
4 cloves garlic, minced
1/4 cup canned garbanzo beans (chickpeas), drained
2 tablespoons olive oil
1 tablespoon dried thyme leaves
salt and pepper to taste
1/3 cup dry white wine
1 cup torn beet greens

Directions

Preheat an oven to 400 degrees F (200 degrees C).

Place the beet, carrot, onion, potatoes, garlic, and garbanzo beans into a 9x13 inch baking dish. Drizzle with the olive oil, then season with thyme, salt, and pepper. Mix well.

Bake, uncovered, in the preheated oven for 30 minutes, stirring once midway through baking. Remove the baking dish from the oven, and stir in the wine. Return to the oven, and bake until the wine has mostly evaporated and the vegetables are tender, about 15 minutes more. Stir in the beet greens, allowing them to wilt from the heat of the vegetables. Season to taste with salt and pepper before serving.

Five-Bean Salad

Ingredients

1 (19 ounce) can garbanzo beans (chickpeas), rinsed and drained
1 (16 ounce) can kidney beans, rinsed and drained
1 (15.5 ounce) can great northern beans, rinsed and drained
1 (14.5 ounce) can yellow wax beans, drained
1 (10 ounce) package frozen cut green beans, thawed
2 small onions, chopped
1 cup white vinegar
3/4 cup sugar
1/4 cup canola oil
1 teaspoon salt
1/2 teaspoon pepper

Directions

In a large bowl, combine the first six ingredients. In another bowl, whisk the vinegar, sugar, oil, salt and pepper. Pour over bean mixture and toss to coat. Cover and refrigerate for several hours or overnight. Serve with a slotted spoon.

Beetroot Hummus

Ingredients

8 ounces chickpeas
1 large onion, chopped
1 pound beets
1/2 cup tahini
3 cloves garlic, crushed
1/4 cup fresh lemon juice
1 tablespoon ground cumin
1/4 cup olive oil

Directions

In a large bowl, cover chickpeas with cold water and soak overnight.

Drain chickpeas and place in a large heavy saucepan; add onion, cover with water and bring to a boil over medium heat. Cook for 1 hour, or until chickpeas are very soft. Drain, reserving 1 cup of cooking liquid. Allow to cool.

Meanwhile, in a large saucepan cover beets with water and bring to a boil over medium heat. Cook until tender; drain and allow beets to cool before removing the skins and chopping.

Puree beets in a food processor; add the chickpeas and onions, tahini, garlic, lemon juice and cumin. Process until smooth. Slowly, while the machine is running, pour in the reserved cooking liquid and olive oil. Continue to process until mixture is thoroughly combined. Drizzle with a little olive oil.

Three-Bean Cassoulet

Ingredients

2 (14.5 ounce) cans stewed tomatoes
1 (19 ounce) can garbanzo beans (chickpeas), rinsed and drained
1 (15.5 ounce) can great northern beans, rinsed and drained
1 (15 ounce) can butter beans, rinsed and drained
1 cup finely chopped carrots
1 cup finely chopped onion
2 garlic cloves, minced
1 bay leaf
2 teaspoons dried parsley flakes
1 teaspoon dried basil
1/2 teaspoon dried thyme
1/2 teaspoon salt
1/8 teaspoon pepper

Directions

In an ungreased 3-qt. baking dish, combine all ingredients. Cover and bake at 350 degrees F for 60-70 minutes or until vegetables are tender, stirring occasionally. Discard bay leaf before serving.

Aush (Afghani Chili)

Ingredients

- 1 pound ground beef
- 1 onion, coarsely chopped
- 1 (28 ounce) can diced tomatoes, with juice
- 1 tablespoon minced garlic
- 1 teaspoon crushed red pepper flakes
- 1 1/2 tablespoons ground cumin
- 2 teaspoons chili powder
- 1 1/2 tablespoons dried mint
- 2 tablespoons garam masala
- 1 (15 ounce) can garbanzo beans (chickpeas), drained
- 1 (10 ounce) box frozen chopped spinach
- 1 (16 ounce) package fettuccine, broken in half
- 1 cup sour cream

Directions

Brown ground beef in a skillet over medium heat; remove with slotted spoon to a large pot; reserving drippings in the skillet. Cook and stir the onion in the reserved drippings until golden brown; remove with slotted spoon and add to beef in the pot. Stir the tomatoes with juice, garlic, red pepper, cumin, chili powder, mint, garam masala, garbanzo beans, and spinach into the beef mixture and place the pot over low heat; simmer 3 to 6 hours.

Fill a large pot with lightly salted water and bring to a rolling boil over high heat. Once the water is boiling, stir in the fettuccini, and return to a boil. Cook the pasta uncovered, stirring occasionally, until the pasta has cooked through, but is still firm to the bite, about 8 minutes. Drain well in a colander set in the sink. Stir into the chili along with the sour cream and serve hot.

Tangy Four-Bean Salad

Ingredients

1 (16 ounce) can kidney beans, rinsed and drained
1 (15 ounce) can garbanzo beans or chickpeas, rinsed and drained
1 (14.5 ounce) can cut green beans, drained
1 (14.5 ounce) can wax beans, drained
1 cup sliced fresh mushrooms
1 cup chopped green pepper
1 cup chopped onion
DRESSING:
1/2 cup cider vinegar
1/3 cup sugar
1/4 cup canola oil
1 teaspoon celery seed
1/2 teaspoon pepper
1/4 teaspoon salt
1/8 teaspoon dried basil
1/8 teaspoon dried oregano

Directions

In a large bowl, combine the beans, mushrooms, green pepper and onion. In a jar with a tight-fitting lid, combine the dressing ingredients; shake well.

Pour dressing over bean mixture and stir to coat. Cover and refrigerate for at least 4 hours. Serve with a slotted spoon.

Sun-Dried Tomato-Flavored Hummus

Ingredients

1 (15 ounce) can garbanzo beans
or chickpeas, rinsed and drained
1/3 cup reduced-fat mayonnaise
1 tablespoon sun-dried tomato
pesto sauce mix
1 teaspoon lemon juice
Assorted crackers

Directions

In a food processor or blender, combine the beans, mayonnaise, sauce mix and lemon juice; cover and process until blended. Transfer to a small bowl. Serve with crackers. Store in the refrigerator.