Dry Beans and Peas

The mild spicing of cumin and paprika, the heartiness of chickpeas, the soothing taste of spinach, the slight acidity of tomatoes, and the sweetness of golden raisins, create a delicious stew that will make your mouth water.

Spanish Chickpea Stew

SKYLINE HIGH SCHOOL
Oakland, California

Our Story

Skyline High School is located on a beautiful 45-acre campus at the crest of the Oakland Hills in California. The recipe challenge team grew out of an existing afterschool cooking academy that teaches cooking skills and nutrition. The opportunity to participate in the challenge was presented to the cooking academy, and several students participated. The team partnered with a local chef who brought in three concepts for recipes that the students prepared and tasted. The aromas that resulted from cooking the recipes enticed even more students to join the team.

After conducting taste tests and receiving approvals by the students, the team eventually submitted not one, but two stew recipes which were both selected to be featured in this cookbook: Spanish Chickpea Stew and Sweet Potato and Black Bean Stew.

The hearty Spanish Chickpea Stew will make a delightful addition to any menu. The flavors of this stew are well-balanced by the slight acidity of the tomatoes, creating a delicious main dish when served over brown rice or whole-wheat couscous.

School Team Members

SCHOOL NUTRITION PROFESSIONAL
Donnie Barclift

CHEF
Jenny Huston

COMMUNITY MEMBERS
Rusty Hopewell (Health Center Nutritionist) and Sage Moore

STUDENTS
Karen M., Quailyn S., and Rudy R.

Spanish Chickpea Stew

Meal Components: Meat Alternate-Legume Vegetable–Dark Green Vegetable-Other Vegetable-Fruit **Soups H-11r**

Ingredients	25 Servings		50 Servings		Directions Process #2: Same Day Service
	Weight	Measure	Weight	Measure	
Extra virgin olive oil		¾ cup		1 ½ cups	1. Heat oil: For 25 servings, use a large stock pot. For 50 servings, use one roasting pan/square head pan. (20 ⅞" x 17 ⅜" x 7") Add garlic and sauté for 2-3 minutes. Add onions. Continue to sauté for 5-7 minutes until the onions are translucent.
Fresh garlic, minced		2 Tbsp 2 tsp	3 oz	¼ cup 1 ⅓ Tbsp	
*Fresh onions, diced	2 lb 8 oz	2 qt	5 lb	1 gal	
Sweet paprika		2 Tbsp 2 tsp		¼ cup 1 ⅓ Tbsp	2. Mix in paprika and cumin.
Ground cumin		1 ½ tsp		1 Tbsp	
Frozen spinach, chopped	2 lb 4 oz	3 qt	4 lb 8 oz	1 gal 2 qt	3. Add spinach and sauté for 15 minutes.
Canned low-sodium garbanzo beans (chickpeas), drained, rinsed OR *Dry garbanzo beans (chickpeas), cooked (See Notes Section)	4 lb 1 oz OR 4 lb 1 oz	2 qt 2 cups (1 No. 10 can) OR 2 qt 2 cups	8 lb 2 oz OR 8 lb 2 oz	1 gal 1 qt (2 No. 10 cans) OR 1 gal 1 qt	4. Mix in garbanzo beans (chickpeas), raisins, tomatoes, and stock. Bring to a boil. Reduce heat to low. Simmer uncovered for 15 minutes or until raisins are plump.
Golden seedless raisins	1 lb 3 oz	3 ¾ cups	2 lb 6 oz	1 qt 3 ½ cups	
Canned low-sodium diced tomatoes	1 lb 5 oz	2 ½ cups (¼ No. 10 can)	2 lb 10 oz	1 qt 1 cup (½ No. 10 can)	
Low-sodium chicken stock		1 qt 2 ¼ cups		3 qt ½ cup	
Red wine vinegar		¼ cup		½ cup	5. Add vinegar, salt, and pepper. Mix well. Critical Control Point: Heat to 140 °F or higher for at least 15 seconds.
Salt		1 tsp		2 tsp	
Ground black pepper		1 tsp		2 tsp	
					6. Critical Control Point: Hold at 135 °F for hot service. 7. Portion with 8 fl oz ladle (1 cup).

Spanish Chickpea Stew

Meal Components: Meat Alternate-Legume Vegetable–Dark Green Vegetable-Other Vegetable-Fruit **Soups H-11r**

Notes

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.

Special tip for preparing dry beans:
SOAKING BEANS
OVERNIGHT METHOD: Add 1 ¾ qt cold water to every 1 lb of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with recipe.
QUICK-SOAK METHOD: Boil 1 ¾ qt of water for each 1 lb of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour. Discard the water. Proceed with recipe.
COOKING BEANS
Once the beans have been soaked, add 1 ¾ qt water for every lb of dry beans. Boil gently with lid tilted until tender, about 2 hours.
Use hot beans immediately.

Critical Control Point: Hold for hot service at 135 °F or higher.
OR
Chill for later use.
Critical Control Point: Cool to 70 °F within 2 hours and to 40 °F or lower within an additional 4 hours.

1 lb dry garbanzo beans (chickpeas) = about 2 ½ cups dry or 6 ¼ cups cooked garbanzo beans (chickpeas).

Serving	Yield	Volume
1 cup (8 fl oz ladle) provides: **Legume as Meat Alternate:** 1 ½ oz equivalent meat alternate, ⅛ cup dark green vegetable, ¼ cup other vegetable, and ¼ cup fruit. OR **Legume as Vegetable:** ⅜ cup legume vegetable, ⅛ cup dark green vegetable, ¼ cup other vegetable, and ¼ cup fruit. *Legume vegetable can be counted as either a meat alternate or as a legume vegetable but not as both simultaneously.*	25 Servings: about 13 lb 12 oz 50 Servings: about 27 lb 8 oz	25 Servings: 1 gallon 3 quarts 50 Servings: 3 gallons 2 quarts

Marketing Guide

Food as Purchased for	25 servings	50 servings
Mature onions	2 lb 4 oz	4 lb 8 oz
Dry garbanzo beans (chickpeas)	1 lb 10 oz	3 lb 4 oz

Nutrients Per Serving

Calories	241.00	Saturated Fat	1.10 mg	Iron	2.22 mg
Protein	7.80 g	Cholesterol	0 mg	Calcium	93.35 mg
Carbohydrate	37.92 g	Vitamin A	3324.60 IU (158.85 RAE)	Sodium	156.06 mg
Total Fat	7.90 g	Vitamin C	6.53 mg	Dietary Fiber	5.62 g