

# MAPLE SRIRACHA BAKED CHICKPEAS



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**SERVING SIZE:** One #6 scoop (⅔ cup)

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**COOK TIME:** 1 ½ to 2 hours





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INGREDIENTS	WEIGHT	MEASURE	METHOD
Chickpeas, canned, drained, and rinsed	2 ¼ # 10 cans (10 lb drained)		Preheat oven to 375°F. 1. Add chickpeas and onions to a 2-inch full sized steam table pan. 2. In a separate bowl, whisk together remaining ingredients. Pour over beans and onions and toss to coat. 3. Cover and place in oven for 1 ½ hours to 2 hours. Liquid should be thickened around beans. 4. If the oven is too hot, beans may get dry. Add more water, if needed, and stir.
Onion, diced	1 ¼ lb		
Tomatoes, crushed, no-added salt	24 oz		
Maple syrup	16 oz		
Sugar, brown	10 oz		
Sriracha sauce		¼ cup	
Worcestershire sauce		¼ cup	
Ginger, fresh		¼ cup	
Stock, vegetable, low sodium		1 quart	

## PULSE SWAP:

Baked beans are often made from navy beans, but most any bean or chickpeas can be used for this sweet and savory side dish. Green lentils can also be used. Suggest the following pulses to be substituted in baked beans:

- Green lentils
- Kidney beans
- Pink beans
- Pinto beans
- Small red
- Black beans

## Meal Components per serving:

½ cup Vegetable

## Approximate nutritional contribution per serving:

190 Calories, 2.5 g Total Fat, 0 g Saturated Fat, 0 mg Cholesterol, 250 mg Sodium, 37 g Total Carbohydrate, 6 g Dietary Fiber, 13 g Total Sugars, 7 g Protein, 65 mg Calcium, 1 mg Iron.

**COOLING:** CCP: Cool to 70°F or lower within 2 hours and from 70°F to 40°F within 4 more hours. Place in shallow pans with a product depth of 2 inches or less and refrigerate or place shallow pans of product into ice bath, immerse pans into ice up to product level and stir frequently. Cover and label product.

**SANITATION INSTRUCTIONS:** Wash hands and exposed parts of arms before handling food, after handling raw foods, and after any interruption that may contaminate hands. Wash, rinse and sanitize all equipment and utensils before and after use. Return all ingredients to refrigerator if preparation is interrupted. Measure all internal product temperatures with a cleaned and sanitized thermocouple or thermometer every 2 hours.

## Notes:

Sriracha can be increased to 6 tablespoons for more heat.