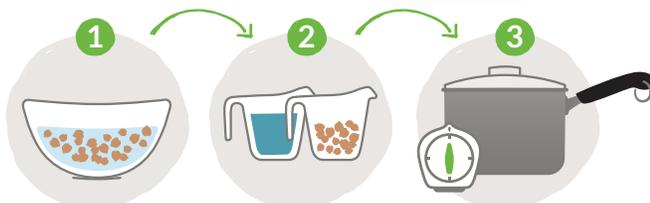


all about CHICKPEAS



How to Soak and Cook Dry Chickpeas



***Note:** Canned chickpeas are already cooked. Just drain, rinse, and use!

1. Soak your chickpeas.

OVERNIGHT SOAK: Use three cups of cold water for each cup of chickpeas, let stand for 8–24 hours and drain.

OR

QUICK SOAK: Use three cups of cold water for each cup of chickpeas, boil 2 minutes, remove from heat, cover and let stand for one hour, drain.

2. Combine chickpeas and water, bring to a boil.

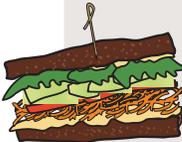
For every cup of chickpeas, use 3 cups of water.

3. Simmer for 1.5–2 hours.

TIP: ½ cup dry = 1 cup cooked

Easy Swaps

Looking for more ways to use chickpeas? Try these easy swaps!

	REPLACE THIS	WITH THIS
 <p>Pastas and Casseroles Replace all or part of the chicken or turkey with chickpeas in pasta dishes and casseroles.</p>	PART OR ALL CHICKEN OR TURKEY	CHICKPEAS
 <p>Soups Replace half of the cream or milk in hearty soups with pureed chickpeas to lower fat and increase protein and fiber. Thin with water to desired consistency.</p>	½ OR ALL CREAM OR MILK	PUREED OR MASHED CHICKPEAS
 <p>Sandwiches Replace sandwich spreads like mayo with pureed chickpeas or hummus to cut fat, or mix them in with egg salad or tuna to stretch your dollar.</p>	MAYO	PUREED OR MASHED CHICKPEAS

How to Store

PANTRY

DRY CHICKPEAS

Store Time: Up to 1 Year

If stored for longer, chickpeas may require longer cooking times to soften.

CANNED CHICKPEAS (sealed)

Store Time: Several Years

TIP: Store dry and canned chickpeas in a dark, dry and cool place for lasting freshness.

REFRIGERATOR

COOKED OR CANNED CHICKPEAS (opened)

Store Time: Up to 5 Days

Sealed in airtight container in cooking liquid or covered with water.

SOUPS, CHILI AND CURRIES

Store Time: Up to 5 Days

Store in sealed, airtight container.

FREEZER

COOKED CHICKPEAS

Store Time: 6 Months

After chickpeas have cooled completely, drain any excess liquid and store in single-serving portions in sealed, airtight containers or freezer bags.

SOUPS, CHILI AND CURRIES

Store Time: 3–6 Months

Store in sealed, airtight container.

TIP: To thaw frozen chickpeas or meals, place in the refrigerator overnight to thaw, or warm over gentle heat just before eating.



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