



Indian Butter CHICKpeas

By Dylan Sabuco

Prep Time 15 / **Cook Time** 20 / **Serves** 4 - 6

Fun-Da-Mentals Kitchen Skills

measure: to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

knife skills: Bear Claw (growl), Pinch, Plank, and Bridge (look out for trolls).

chop: to cut something into small, rough pieces using a blade.

sauté: to cook or brown food in a pan containing a small quantity of butter, oil, or other fat.

stew: to slowly cook food in liquid in a covered pot, tenderizing meat and vegetables and creating a thickened sauce or gravy.

Equipment

- ☐ Large pot
- ☐ Measuring spoons
- ☐ Can opener
- ☐ Cutting board + kid-safe knife
- ☐ Heat-resistant spatula or wooden spoon
- ☐ Liquid measuring cup
- ☐ Blender

Ingredients

Indian Butter CHICKpeas

- ☐ 1 10-oz can chickpeas ******(for LEGUME ALLERGY sub 1 small eggplant)******

- ☐ 3 green onions, diced
- ☐ 2 tomatoes, diced
- ☐ 1 tsp coriander
- ☐ 1 tsp mild chili powder
- ☐ 1 tsp turmeric powder
- ☐ 1 tsp garlic powder
- ☐ 2 T vegetable oil
- ☐ 1 10-oz can coconut cream ******(for COCONUT ALLERGY sub heavy cream, or for COCONUT/DAIRY ALLERGY sub soy milk/cream—more info below)
- ☐ 1 C water
- ☐ 2 T unsalted butter ******(for DAIRY ALLERGY sub soy butter, like Earth Balance, or for DAIRY/SOY ALLERGY sub coconut oil)******
- ☐ salt and pepper to taste

Food Allergen Substitutions

Indian Butter CHICKpeas

Coconut: Substitute 3/4 C heavy cream for 1 10-oz can of coconut cream in CHICKpeas.

Coconut/Dairy: Substitute 3/4 C soy milk/cream for 1 10-oz can of coconut cream in CHICKpeas.

Dairy: Substitute soy butter, like Earth Balance, or coconut oil for butter in CHICKpeas.

Dairy/Soy: Substitute coconut oil for butter in CHICKpeas.

Instructions

Indian Butter CHICKpeas

combine + chop + cook

Combine all the spices: **1 teaspoon coriander, 1 teaspoon chili powder, 1 teaspoon turmeric powder, 1 teaspoon garlic powder** into a large pot. Then add **2 tablespoons vegetable oil** and **1 can of chickpeas** to the pot on medium heat while kids chop **3 green onions** and **2 tomatoes**. Remove after about 5 minutes of cooking or when kids finish chopping. Reserve the chickpeas in a small bowl. The chickpeas will be added to the recipe in the final step.

add + sauté

Turn the heat to medium and add the chopped onions and tomatoes to the pot. Sauté all the ingredients

for approximately 5 minutes, or until the white part of the onion becomes translucent.

add + simmer

Add **1 can of coconut cream** and simmer on medium-low heat for another 5 minutes. Then, add **1 cup of water** and simmer the sauce until ready to serve. The longer this dish simmers the more flavorful it will become.

transfer + blend + pour

Transfer the contents of the pot to your blender and carefully blend the tomato and onion into the liquids. This will create a light orange broth. Pour this mixture back into the pot and continue to simmer.

stir + warm + season + serve

Stir the reserved chickpeas and **2 T butter** into the broth in the pot. Reduce the heat to low to keep the stew warm while you serve. Don't forget to finish the recipe with salt and pepper to taste. If you want to add more spices, please do! Make sure the stew is extra thick and coats the chickpeas. To make the stew thicker, simply simmer on low heat for 5 to 10 more minutes until you have the desired consistency

Featured Ingredient: Chickpeas!

Hi! I'm Chickpea!

"Hmmm, I think I would like you to call me a Chickpea, not a garbanzo bean. Aren't little chicks so cute! You're probably familiar with me if you've ever eaten hummus. It's made with chickpeas! I'm a cute little seed that, when you combine a bunch of us, we can provide an excellent source of protein in your diet!"

History & Etymology

Chickpeas are a high-protein legume and the main ingredient in many Middle Eastern and Mediterranean dishes. They may also be called garbanzo beans.

Evidence of domesticated chickpeas from about 9,500 years ago has been found in Turkey and the Levant (an area bordering the Mediterranean Sea in Western Asia).

The word "chickpeas" comes from the early 18th century, and earlier was "chiche-pease," which came from late Middle English "chiche," from the Middle French "pois chiche," from the Latin "cicer."

The word "garbanzo" is Spanish for "chickpea," and the word "hummus" is Arabic for "chickpea."

Anatomy

A chickpea is a round, yellow-tan seed that grows in pods on a legume plant that can grow from 8 to 20 inches high. One pod holds two to three seeds.

Chickpeas are grown around the world, and there are dozens of varieties, including a black one from southern Italy called "ceci neri."

How to Pick, Buy, & Eat

Chickpeas taste like a bean, but they also have a nutty flavor, and their texture, when cooked, is described as soft and creamy or buttery. For Middle Eastern dishes, dried chickpeas are often boiled and mashed to make hummus, or they are soaked and then ground into flour to make falafels.

You can add cooked or canned chickpeas to salads, roasted veggies, soups, stews, pasta, or rice dishes. You can also roast chickpeas and eat them as a snack. In the Middle East, roasted chickpeas are called "leblebi."

Nutrition

Chickpeas provide almost 9 grams of protein in a 3.5-ounce serving. They are available either dried or canned. Because they are high in protein, chickpeas are often added to animal and bird feed.

Chickpeas have loads of dietary fiber! So what is fiber good for? Smooth digestion! It helps the body absorb the vitamins and nutrients it needs to be strong and healthy.

Chickpeas are also good sources of folate (vitamin B9), manganese, phosphorus, and iron.