

Garbanzo Beans/Chickpeas



Garbanzo beans were brought to the Akimel O'Odham (River People, Pimas) by a Spanish Missionary in the early 1700s. Ramona Farms grows garbanzo beans or chickpeas using traditional methods on the very same fields farmed by their ancestors along the Keli Akimel (Old Man River). Garbanzo beans are a winter crop grown November to February and harvested in May and June.

Preparing Garbanzo Beans:

There are two steps for preparing garbanzo beans, soaking and cooking. The length of time for soaking depends on *when* you want to eat the beans and the length of cooking time depends on *how soft* you want the beans.

Quick soaking prep: (65 minutes)

- Place dried garbanzo beans in large pot
- Cover with several inches of water
- Bring to a boil and boil for 5 minutes
- Take pot off heat, let the garbanzo beans sit in the water for 1 hour
- After soaking the beans, they are ready to cook

Long soaking prep: (8 hours or over night)

- Place dried garbanzo beans in large bowl and cover with several inches of water (adding plenty of water is important, as these beans rehydrate to triple their dried size)
- Soak the beans for 8 hours or overnight
- After soaking, they are ready to cook



Cooking Garbanzo Beans:

- Add soaked beans to a large pot, cover with several inches of water and bring to a boil
- Reduce the heat and simmer until they reach your desired tenderness, 1 ½ to 2 hours
- While simmering, keep the lid off or on just enough to allow some steam to escape
- Beans simmered without a lid will be cooked but firm (perfect for salads or chili)
- Beans simmered with the lid but allowing steam to escape, will be creamier, softer and break apart more easily
- Cooked, cooled garbanzo beans can be frozen for 3-6 months by placing 1-2 cups of cooled beans in freezer safe containers



Do not freeze hot garbanzo beans

Nutritional Highlights:

- High in fiber, protein, iron and folate
- Helps control blood sugar and reduce cholesterol
- 1 cup serving provides 71% of the daily value for folate and 26% of the daily value for iron

Uses for firm beans:

- Soups, stews, chili
- Side Dish
- Salads



Uses for soft beans:

- Hummus, dips, spreads with veggies and che-chemait (tortillas)
- First Foods (mashed to a soft, smooth texture for babies)
- Finger foods for toddlers able to feed themselves

Ramona's American Indian Food is a Native American (Akimel O'Odham) business. Ramona has been farming with her husband, Terry, in the Sacaton, Arizona area for over 40 years. Ramona is proud of the traditional foods grown in the Gila River Indian Community, it is truly her labor of love.