



Chickpea Masala

Chickpeas and vegetables in a spiced coconut milk base.

Recipe Project Name: Fiscal Year 2021 Cohort A Team Nutrition Training Grant for School Meal Recipe Development
Washington Office of Superintendent of Public Instruction on behalf of Bellingham Public Schools

Preparation Time: 1 hour 15 minutes

Cook Time: 1 hour

NSLP/SBP crediting information:

1 cup (8 oz spoodle or ladle) provides:

Legumes as Meat Alternate: 2 ½ oz equivalent meats/meat alternates, ¼ cup additional vegetable, ¼ cup red/orange vegetable, ⅛ cup fruit.
OR

Legumes as Vegetable: ⅛ cup additional vegetable, ⅝ cup beans and peas (legumes), ¼ cup red/orange vegetable, ⅛ cup fruit.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Olive oil or oil blend (25/75 olive/canola)		⅓ cup		⅓ cup	<ol style="list-style-type: none"> 1. Preheat conventional oven to 375 °F or convection oven to 350 °F. 2. In a large bowl, mix oil, onions, carrots, and garlic. 3. Place the vegetables in a single layer on a sheet tray and roast in oven for 15 minutes or until the onion is translucent. After vegetables are roasted, set aside for use in step 8.
*Onions, red, mature, fresh, diced	1 lb 2 oz	3 ⅓ cups	2 lb 4 oz	1 qt 2 ⅔ cups	
*Carrots, fresh, without tops, peeled, diced	1 lb 2 oz	1 qt ⅓ cup	2 lb 4 oz	2 qt 2 ⅔ cups	





INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Garlic, fresh, peeled, minced	2 oz	¼ cup	4 oz	½ cup	4. In a large pot or Rondeau (30 qt or larger), heat oil over medium heat. Add the ginger and rice to the hot oil. Stir to combine, cook for two minutes until fragrant.
Olive oil or oil blend (25/75 olive/canola)		⅓ cup		⅔ cup	
Ginger, fresh, peeled, minced		3/8 cup		¾ cup	
Jasmine rice, dry	7 oz	1 cup	14 oz	2 cups	5. Drain liquid from canned tomatoes and set aside for use in step 6. Reserve tomatoes for use in step 8.
Tomatoes, canned, diced, no salt added	2 lb 14 oz	1 qt ½ cup (About 2/5 of a No. 10 can)	5 lb 12 oz	2 qt 1 cup (About 4/5 of a No. 10 can)	
Water		1 gal		2 gal	
Coconut milk	14 oz	1 ¾ cups	1 lb 12 oz	3 ½ cups	6. Add tomato liquid from step 5, water, and coconut milk to the rice and ginger mixture. Bring to a simmer and cook until rice is tender, approximately 15 minutes.
Salt, kosher, coarse	1.5 oz	3 Tbsp 1 tsp	3 oz	¼ cup 1 Tbsp	
Cumin, ground		1 Tbsp 1 tsp		3 Tbsp	
Turmeric, ground		1/8 cup		¼ cup	7. Combine spices in a small bowl. Add to pot. Using an immersion blender, puree the ingredients until smooth.
Curry powder (spice mix)		½ cup		1 cup	
Garam Masala (spice mix)		1 Tbsp		2 Tbsp	
Pepper, white, ground		1 ½ tsp		1 Tbsp	
Ginger, powder		1 Tbsp 1 ½ tsp		3 Tbsp	





INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Cinnamon, ground		1 ½ tsp		1 Tbsp	
Garlic, powder		1 Tbsp		1/8 cup	
Cayenne pepper, ground		½ tsp		1 tsp	
Chickpeas or garbanzo beans, dry, whole, cooked or canned, drained	12 lb 8 oz	1 gal (About 3 No. 10 cans)	25 lb	2 gal (About 6 No. 10 cans)	8. Add cooked chickpeas, reserved tomatoes, raisins, sweet potatoes, bell peppers, cauliflower, roasted onions, carrots, and garlic from step 3 to coconut mixture. Stir to combine.
Raisins, seedless	1 lb	3 cups	2 lb	1 qt 2 cups	9. Return to a simmer and cook until the sweet potatoes and cauliflower are al dente, about 20 minutes.
Sweet potatoes, frozen, peeled, random cut chunks	2 lb	1 qt 3 cups	4 lb	3 qt 2 cups	Critical Control Point: Hot holding: hold for hot service at 135 °F or higher. Cooling: Pour mixture in 2" full-size hotel pans and cool to 70 °F within 2 hours and to 40 °F or lower within 4 hours. Reheating: Reheat to 165 °F and hot hold at or above 135 °F through service.
*Bell peppers, fresh, raw, red, seeded, diced	1 lb	1 qt	2 lb	1 qt	
*Cauliflower, fresh, trimmed, florets, diced	1 lb	1 qt	2 lb	2 qt	
Lemon juice	3 oz	3/8 cup	6 oz	¾ cup	
*Spinach, fresh, baby or mature, ready to serve	1 lb	1 gal	2 lb	2 gal	10. Add spinach and lemon juice directly before service or after reheating for service. Leaves will wilt when added to hot dish.





INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					11. Serve 1 cup of Chickpea Masala using an 8 oz spoodle or ladle.



**CHICKPEA MASALA
NUTRITION INFORMATION**

For 1 cup (8 oz spoodle)

NUTRIENTS
Calories **AMOUNT**
299

Total Fat	7 g
Saturated Fat	2 g
Cholesterol	0 mg
Sodium	376 mg
Total Carbohydrate	50 g
Dietary Fiber	11 g
Total Sugars	8 g
Added Sugars included	0 g
Protein	12 g

Vitamin A	1,619 mcg RAE
Vitamin C	25 mg
Vitamin D	0 IU
Calcium	93 mg
Iron	4 mg
Potassium	624 mg

N/A=data not available.

SOURCE:

FY 2021 Cohort A Team Nutrition Training Grant

***MARKETING GUIDE**

Food as Purchased for	50 Servings	100 Servings
Carrots, fresh, without tops	1 lb 6 oz	2 lb 12 oz
Peppers, bell, fresh, orange or red, medium or large, whole	1 lb 6 oz	2 lb 12 oz
Onions, mature, fresh	1 lb 5 oz	2 lb 10 oz
Cauliflower, fresh, trimmed	1 lb 10 oz	3 lb 4 oz
Spinach, fresh, baby or mature, ready to eat	1 lb	2 lb

NOTES

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

Optional: Serve with 1 cup steamed brown rice per portion. Adding brown rice changes NSLP/SBP crediting information.

Roasting carrots, onions, and garlic enhances flavor development. However, Steps 1-3 can be eliminated if short on time.

Dish freezes and reheats well.

Fresh sweet potatoes may be substituted for frozen sweet potatoes.

YIELD/VOLUME

50 Servings	100 Servings
About 26 lb 4 oz	About 52 lb 8 oz
3 full-size (12" x 20" x 2") and 1 quarter-size (10-3/8" x 6-3/8" x 2") 2" hotel pans	6 full-size (12" x 20" x 2") and 1 half-size (12" x 10" x 2") 2" hotel pans

