

Southwestern Garbanzo Beans

Ingredients:

- 1 tsp. extra-virgin olive oil
- 1 cup chopped onion
- 1 large clove garlic, minced
- 1 Tbsp. fresh ginger, finely chopped
- 1 cup chopped ripe tomato
- 2/3 cup water
- 1 Tbsp. honey
- 1 ½ Tbsp. ground cumin
- 1 tsp. ground coriander
- 1/8 tsp. cayenne pepper (optional)
- 2 cups cooked, low-sodium, garbanzo beans, drained
- ¼ cup chopped dates or 2 Tbsp. brown sugar
- 1 Tbsp. lime juice



Servings: 6



*SOY FREE

Instructions:

1. Heat the oil in a medium skillet.
2. Combine onion, garlic, ginger, and tomato; sauté over medium heat until tomato and onion soften and all liquid has cooked off, about 5-8 minutes.
3. Add seasonings. Cook briefly to blend flavors. Add beans, water, honey and dates or brown sugar.
4. Bring to a boil, cover, reduce heat and simmer 10-15 minutes.
5. Stir in lime juice.
6. Transfer to serving bowl and garnish with lime wedges and cilantro, if desired.
7. Makes 6 servings.

Nutrition Facts

6 servings per container	
Serving size	3/4 cup (196g)
Amount per serving	
Calories	150
	% Daily Value*
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 90mg	4%
Total Carbohydrate 27g	10%
Dietary Fiber 5g	18%
Total Sugars 10g	
Includes 3g Added Sugars	6%
Protein 6g	
Vitamin D 0mcg	0%
Calcium 82mg	6%
Iron 2mg	10%
Potassium 235mg	6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.