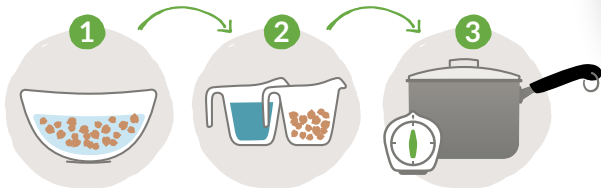


3 EASY STEPS TO:

Chickpeas



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.

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:
¼ cup dry =
½ cup cooked

For more tips and recipes, visit Pulses.org