



Recipes and Shopping List

Week 2: Chickpeas



Chickpea Noodle Soup

Serves: 4 | Time: 25 minutes

Ingredients

- 2 cups cooked chickpeas
- 1 yellow onion, diced
- 2 cloves garlic, diced
- 1 28-oz can crushed tomatoes
- 1 pound dry egg noodles
- 4 cups chicken stock
- ½ cup fresh basil, roughly chopped

Instructions

- Heat 1 tbsp olive oil in a large soup pot. Add the onions, cook for 2 minutes then add garlic. Cook for one more minute then add chickpeas, crushed tomatoes, dry egg noodles, chicken stock and 2 cups water.
- Cook for 12 minutes, season to taste and top with fresh basil before serving.



Chickpea and Broccoli Pitas

Serves: 4 | Time: 10 minutes

Ingredients

- 2 cups cooked chickpeas
- 1 cup cooked broccoli florets
- ½ cup diced tomatoes
- 1 cup guacamole
- 4 whole wheat pitas

Instructions

- Combine chickpeas, broccoli and diced tomatoes in a bowl, set aside.
- Slice pitas in half and spread a layer of guacamole in each. Fill with chickpea mixture and serve.



Sweet Potato and Chickpea Salad

Serves: 4 | Time: 25 minutes

Ingredients

- 2 cups cooked chickpeas
- 2 cups sweet potatoes, diced
- 2 cups fresh spinach
- ½ cup dried cranberries
- 1 tbsp maple syrup
- 1 tbsp apple cider vinegar
- 2 tbsp olive oil

Instructions

- Bring a large pot of water to a boil. Add the diced sweet potato and cook for 10 minutes, or until you can easily pierce them with a fork.
- Mix chickpeas, sweet potatoes, spinach and dried cranberries in a bowl, set aside.
- In another bowl, whisk together the maple syrup, vinegar and olive oil. Season to taste with salt and pepper.
- Drizzle dressing over chickpea mixture. Toss to combine, then serve.

Shopping List — Week 2

PRODUCE

- 1 yellow onion
- 2 cloves garlic
- ¼ cup fresh basil leaves
- 1 cup fresh broccoli florets
- ½ cup diced tomatoes
- 1 cup pre-made guacamole
- 2 medium sized sweet potatoes
- 2 cups fresh spinach

DRY GOODS

- 6 cups (4 cans) cooked chickpeas (aka garbanzo beans)
- 1 28-oz can crushed tomatoes
- 1 16-oz package egg noodles
- 4 whole wheat pita breads
- ½ cup dried cranberries

PANTRY

- 4 cups chicken stock
- 1 tbsp apple cider
- Vinegar
- 2 tbsp olive oil
- 1 tbsp maple syrup
- Salt
- Pepper



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