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

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