

How to Cook Dried Garbanzo Beans (Chickpeas)



TIPS:

1. **Nutrition:** 1 cup (about 6 tablespoons) of cooked garbanzo beans (chickpeas), *reconstituted from their dried state as shown here*, contains 270 calories, 12 grams of fiber, 15 grams of protein, 45 grams of carbohydrate, 11 milligrams of sodium (which is far less than even a low salt canned version of these beans), 4 grams of fat (most of which is unsaturated), and no cholesterol. The combination of

nutrients in these beans make them uniquely powerful to support digestive systems, stabilize blood sugar, and enhance satiety (the state of not feeling the need to eat).

2. **Fiber and bloating:** If you're not used to eating foods high in fiber, like garbanzo beans, experts advise starting with small amounts to minimize bloating sensations and then steadily increasing quantities in small increments as your body gets used to them.

3. **Presoaking garbanzo beans:** Presoaking garbanzo beans before cooking them is highly recommended (and easy to do) both to shorten cooking time and to retain the maximum amount of bean nutrients. Two presoaking methods are shown in step 1. The easiest method requires at least 8 hours soaking time at room temperature; the other method requires at least 2 hours soaking time after first heating the beans and water in the microwave oven at HIGH heat for 5 minutes. If you don't have a microwave oven, you can cook the beans soaked in water in a pot until the water comes to a full boil, and then turn off the stove

heat and let the beans continue to soak in the warm water also for at least 2 hours.

Cooking Time: about 1 hour (60 minutes) after first presoaking the beans as mentioned in Tip 3 above.

Needed

(to make 4 or so cups cooked garbanzo beans)

2 Cups Dry Garbanzo Beans

4 Cups Water

1/2 - 1 Teaspoon Salt (optional)

Measuring Cup

Large Bowl (used to presoak beans - **NOTE:** use a *microwave safe bowl* if you plan to use the quicker bean presoaking method shown in step 1)

Colander or Strainer

Medium (3-4 quart) Pot with Top

Large Spoon

Timer



1. Measure about **2 cups of dried garbanzo beans**, and...



...pour the **beans** into a large bowl.



Fill the bowl mostly full with **cold tap water** so that the **beans** are well submerged,...



...and then *either* let the **beans** soak overnight or during the day for at least 8 hours as shown in the picture on the left below, *or* put the bowl in the microwave oven, cook for 5 minutes at HIGH heat or 100% power, remove the bowl from the microwave oven *when it is safe enough to touch comfortably*, and then let the **beans** soak for at least 2 hours, until...

Presoaking beans
at room
temperature for at
least 8 hours



Quicker 2-hour bean
presoaking method
using microwave oven



...they look about like this.



2. Pour the **presoaked beans** into a colander or strainer, and give them a good hand-scrubbing rinse with cold running water.



3. Pour the **rinsed beans** into a medium-sized pot, and fill the pot with enough **cold tap water** so that the **beans** are well submerged.



4. Put the pot on the stove, turn on the burner heat to HIGH, and add an optional **1/2 - 1 teaspoon salt** (or as much shown in the bottom center photo below).



5. Cook until the **water** comes to a full, rapid boil. Then...



...turn the burner heat down to LOW, wait until the water stops bubbling (as shown in the picture below right),...



...and cover the pot with a top, making sure to leave space for steam to escape, and set a timer for 1 hour (60 minutes).



5. When the timer sounds, check the **cooked garbanzo beans** for doneness by carefully scooping **1 bean** from the pot, cooling it a bit, and then biting into it. The **bean** should be firm but not difficult or crunchy to chew. If, however, the **bean** is crunchy in the middle and/or difficult to chew,...



...keep cooking the **beans** over low heat and checking for doneness at 30-minute intervals until the **beans** are both still firm but comfortable to chew.

6. When the **beans** are cooked to doneness, pour them into a colander or strainer in the sink, and either use them as is, or...



...let the **cooked beans** cool until they are safe to handle before putting them in a sealed container (below left) or sturdy plastic bag (below right),...



...to store either in the refrigerator for about 1 week or in the freezer for 1-2 months.



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