

Chick Pea Hash



FOODSERVICE

SERVING SIZE: 8

Ingredients

- 4 cups **Furmano's Chick Peas (Garbanzo Beans)**, Drained & Rinsed
- 3 tablespoons Olive Oil
- 1 1/2 teaspoons Salt
- 2 tablespoons Smoked Paprika
- 1/4 cup Carrots, Diced
- 1/2 cup Onion, Diced
- 1/2 cup Garlic, minced
- 1 tablespoon Chili Pepper, Diced
- 1/4 cup Parsley, Chopped
- 2 tablespoons Rosemary, Chopped
- 1 cup **Furmano's Petite Diced Tomatoes**
- As Needed Black Pepper to Taste

In This Recipe



Chick Peas (Garbanzo Beans) - 15.5 oz.



Pouch Extra Fancy Chick Peas (Garbanzo)



Extra Fancy Chick Peas (Garbanzo Beans)

Preparation

1. Heat Olive Oil in a skillet over medium heat.
2. Add Furmano's Chick Peas (Garbanzo Beans) and Salt. Keep Chick Peas in a single layer and brown.
3. Add Onion, Carrot, Garlic, and Chili Pepper. Sauté until softened.
4. Add Rosemary and Chopped Parsley. Toss to combine.
5. Add Vegetable Stock to cover the bottom of pan and heat to simmer. Slightly mash some of the chick peas into the broth.

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