


Recipe Name: Creamiest Chickpea Curry				File No:					
Grade Group: K-12				HACCP Process:					
Number of Portions: 50				<input type="checkbox"/> #1 No Cook					
Portion Size: 1¼ c				<input checked="" type="checkbox"/> #2 Cook & Serve Same Day					
Serving Utensil: 10 fl oz spoodle				<input type="checkbox"/> #3 Includes Cooling Step					
Servings per Pan:									
Ingredients:		Weight:	Measure:					Procedure:	
Onion, whole		3 lb 6 oz						1. Peel and mince onion.	
Potatoes, yellow, whole		5 lb 13 oz						2. Wash and scrub potatoes. Dice potatoes to uniform size, approximately, ½" pieces.	
Garbanzo beans, canned, low-sodium (chickpeas)		19 lb 11 oz	3 No. 10 cans					3. Drain and rinse garbanzo beans.	
Olive oil			¾ c					4. Heat oil on medium-high heat in a large brazier pan or tilt skillet. Add onion and sauté for 5-7 minutes, until soft. Add garlic and sauté for another 2 minutes.	
Garlic, minced			3 Tbsp					5. Add tomatoes (do not drain), potatoes, curry powder, cumin, salt, garbanzo beans, and water. Stir well. Cover and simmer for about 25 minutes until potatoes are tender, or longer if needed.	
Tomatoes, diced, canned		9 lb 9oz	1½ No. 10 cans					6. Stir together soy milk and cornstarch with whisk until fully combined. Add to pan all at once and stir curry until bubbly and thickened	
Curry powder			1 c					7. Critical Control Point: Heat to 135°F or higher.	
Cumin, ground			¼ c					8. Critical Control Point: Hold for hot service at 135°F or higher.	
Salt			1 Tbsp + 2 tsp					9. Portion with 10 fl oz spoodle (1¼ cup).	
Water			2 qt						
Cornstarch			1 c						
Soymilk, plain, unsweetened*			2 qt						
*May substitute cow's milk if desired.									
Total Yield		Number of Pans:		Equipment (if not specified in procedures above):					
Weight:	Measure (volume): 4 gal	Pan Size:							
Meal Component Contribution Based on Portion Size						Nutrient Analysis Based on Portion Size			
Meat/Meat Alternate		2.5 oz eq (if crediting legume as M/MA)				Calories: 311			
Vegetable Subgroups		DG	B/P	R/O	S	O	A		
		Saturated Fat (g): 1							

		5/8 c (if crediting legume as veg)	1/4 c	1/4 c	1/8 c	1/8 c	Sodium (mg): 436
Fruits							
Grains							

DG=Dark Green B/P=Beans/Peas (Legumes) R/O=Red/Orange S=Starchy O=Other A=Additional [Food Buying Guide](#) (FBG)

