



Recipe Production

Recipe Number: PF009

Recipe Name: CHICKPEA MASALA

Hot: Yes

Recipe Source: Plant Forward

HACCP Process Category:

Same Day

Serving Description: 3/4 cup or 7.5 oz weight

Projected Yield		Actual Yield		Leftovers	Disposition
Quantity	Serving Size	Quantity	Serving Size		
96	3/4 CUP				

Labor				
Employee Name	Start Time	Stop Time	Total Time	Rate

Stock Number	Description	Amount 1	Measure 1	Amount 2	Measure 2	Location
2501	BEANS GARBANZO 6/10	32	Pound	12 3/4	Ounce	(Unassigned)
1309	OIL VEGETABLE 6/1 GAL	1	Cup			(Unassigned)
9045	TOMATOES DICED COMM 6/10	16	Pound			(Unassigned)
2568	GINGER ROOT 1 LB	6	Ounce	7 1/8	Gram	(Unassigned)
2510	JALAPENO SLICED 6/10	7	Ounce			(Unassigned)
2570	GARLIC WHOLE PEELED 5 LB	2	Ounce	14 1/8	Gram	(Unassigned)
1102	SPICE CHILI POW DK ORG 20 OZ	2	Tbsp	1 1/2	tsp	(Unassigned)
1123	SPICE CURRY POW ORG 17 OZ BAG	3	Ounce			(Unassigned)
2544	SPINACH BABY 4 LB	3	Pound	12	Ounce	(Unassigned)
1011	SALT KOSHER 12/3 LB	1	Tbsp	1	tsp	(Unassigned)
2574	ONION RED 25 LB	7	Pound	8	Ounce	(Unassigned)
2600	CILANTRO 6 CT	1	Pound			(Unassigned)

Cooking Instructions

Cooking Temperature: 0 **Cooking Times:** **Hours:** 0 **Minutes:** 0

Pre-Preparation Instructions

Recipe source: Chef Ann Foundation Plant Forward
 Canned chickpeas yield 65%
 Canned diced tomatoes yield 66% but reserve liquid for recipe
 Canned sliced jalapenos yield 61%
 Cooked onions yield 78%

Preparation Instructions

1. Heat oil in a large skillet over medium heat.
2. Add chili powder and curry powder to skillet and warm for 1 - 2 minutes until fragrant.
3. Add chopped onions, garlic, and ginger and saute for 3 - 5 minutes until fragrant.
4. Once soft, puree mixture with an immersion blender until smooth. Tomato liquid can be added to help puree.
5. Add tomatoes and cook for another 2 - 3 minutes.
6. Stir enough tomato liquid into the mixture to get a thick gravy, bring to a boil and stir the chickpeas into the gravy. Reduce heat to medium and cook until chickpeas are heated through, 5 - 7 minutes.
7. Stir in baby spinach at the last minute just to wilt.
8. Garnish with cilantro

Serving Instructions



Recipe Production

Recipe Number: PF009

Recipe Name: CHICKPEA MASALA

1 serving is 3/4 cup (6 oz spoodle) or 7.5 oz weight.

Serve over rice.

Nutrient	Unit	Recipe Nutrient Value	Nutrient Value per 100 Grams	Nutrient Value per Serving	% of Calories	Missing Value
Food Energy	kcal	16,235.7247	81.2473	169.1221		
Saturated Fat	g	38.0678	0.1905	0.3965	2.11	
Sodium	mg	55,582.6374	278.1483	578.9858		
Total Trans	g	0.0000	0.0000	0.0000		*
Total Fat	g	352.1021	1.7620	3.6677	19.52	
Cholesterol	mg	0.0000	0.0000	0.0000		
Carbohydrate	g	2,804.0878	14.0323	29.2092	69.08	
Total Dietary Fiber	g	583.7462	2.9212	6.0807		
Protein	g	615.4393	3.0798	6.4108	15.16	
Vitamin A (RE)	RE	14,289.1514	71.5062	148.8453		
Vitamin A (IU)	IU	176,365.4757	882.5734	1,837.1404		
Vitamin C	mg	1,688.0919	8.4476	17.5843		
Calcium	mg	13,238.8200	66.2501	137.9044		
Iron	mg	212.0806	1.0613	2.2092		
Moisture	g	10,955.8914	54.8258	114.1239		*
Ash	g	230.8247	1.1551	2.4044		*

Stock Number	Description	Units per		Cases	Broken Units	Broken Unit Description	Actual Used
		Case	Location				
2501	BEANS GARBANZO 6/10	1.00	(Unassigned)	4	0.73	CAN (111 OZ)	/
1309	OIL VEGETABLE 6/1 GAL	1.00	(Unassigned)	0	0.06	GAL	/
9045	TOMATOES DICED COMM 6/10	1.00	(Unassigned)	2	0.51	CAN (102 OZ)	/
2568	GINGER ROOT 1 LB	1.00	(Unassigned)	0	0.39	CS (1 LB)	/
2510	JALAPENO SLICED 6/10	1.00	(Unassigned)	0	0.07	CAN (106 OZ)	/
2570	GARLIC WHOLE PEELED 5 LB	1.00	(Unassigned)	0	0.16	LB	/
1102	SPICE CHILI POW DK ORG 20 OZ	1.00	(Unassigned)	0	0.63	OZ	/
1123	SPICE CURRY POW ORG 17 OZ E	1.00	(Unassigned)	3	0.00	OZ	/
2544	SPINACH BABY 4 LB	1.00	(Unassigned)	3	0.75	LB	/
1011	SALT KOSHER 12/3 LB	1.00	(Unassigned)	0	0.02	BOX (3 LB)	/
2574	ONION RED 25 LB	1.00	(Unassigned)	7	0.50	LB	/
2600	CILANTRO 6 CT	1.00	(Unassigned)	5	0.71	BUNCH	/

REPORT CRITERIA:

Sections Filter(s):

Criteria Filter(s):

Report Comments Section: