

Chickpeas



Recipe by Amber

Penney Farms Princess

INGREDIENTS

7 oz dry garbanzo beans
3 cups water or broth
3 garlic cloves, smashed
salt to taste

INSTRUCTIONS

Soak the garbanzo beans in cold water for about 8 hours or overnight.

Drain the beans, and transfer them to a pot. Add enough water or broth to cover the beans.

Add peeled, smashed garlic cloves & a pinch of salt.

***OPTIONAL FLAVOR BOMBS

pinch of red pepper flake
thyme sprigs
lemongrass

Bring to a boil, then simmer with a lid slightly vented for about 2 hours.

Check the beans every 20 min or so, and add water if needed.

Store them in the refrigerator with a little of the cooled cooking liquid.