



Middle Eastern Garbanzo Beans

Experience the rich flavors of the Middle East with Middle Eastern Garbanzo Beans, a savory dish featuring tender chickpeas cooked with aromatic spices and herbs, offering a deliciously satisfying and nutritious meal.

INGREDIENTS

- 1 package (7.2 oz) RICE-A-RONI® Rice Pilaf
- 2 tbsp margarine, butter or spread with no trans fat
- 1 garlic clove, minced or pressed
- 1 can (15 oz) garbanzo beans (chickpeas), rinsed and drained
- 1 medium zucchini, cut into 3/4-inch chunks
- 1/2 cup carrot slices
- 1/2 cup chopped onion
- 1/4 cup chopped red bell pepper
- 1 tsp curry powder
- 1/4 cup raisins (optional)
- Plain yogurt (optional)
- 2 cups water

HOW TO MAKE

DIRECTIONS

In a large skillet, combine rice-pasta mix, 2 tbsp of margarine, onion and garlic. Sauté over medium heat until pasta is golden brown, stirring frequently.

Slowly stir in 2 cups water and Special Seasonings; bring to a boil.

Cover and reduce heat. Simmer 12 minutes. Stir in beans, zucchini, carrots, bell pepper, curry powder and raisins, if desired. Return to a simmer. Cover and simmer 5 to 10 minutes or until rice is tender and vegetables are crisp-tender. Serve with yogurt, if desired.



PREP
TIME
5 min



COOK
TIME
25 min



SERVES
4

PRODUCT

