

# Spicy Garbanzo Beans

Full of protein, this flavorful dish can be served on the side or as an appetizer, both warm and cold. It's also fast and easy-to-make.



1

The finished dish



2

Ingredients

## Ingredients:

- 1 10 oz can of cooked garbanzo beans, drained
- 1 onion, diced
- 4 garlic cloves, minced
- 1 tsp turmeric
- 1 tsp paprika
- ¼ tsp pepper
- ¼ tsp salt
- 2 Tbsp olive oil

EASY

Preparation time: 10 min.

Cooking time: 10 min.

Serves 2

## Recipe:

1. Place olive oil in a pot, add diced onion and cook on medium high heat for 5 minutes (pict. 3), stirring regularly.
2. Add minced garlic and spices and mix well (pict. 4).
3. Add garbanzo beans and cook for 5 minutes (pict. 5).

**TIP:** You can use curry or cayenne pepper for a stronger flavor.

**NOTE:** If you work from dry beans (as opposed to those from a can), be sure to remove stones or damaged beans first, and soak beans overnight in cold water in the fridge before cooking. Soaking will remove the "bad" agent and prevent flatulence. Cook in boiling water for 1 to 2 hours (until soft). Drain and rinse.



3

Cooking onions



4

Adding spices



5

Adding garbanzo beans