



# Crunchy Bonzo Beans



Vegetable

HACCP Process Category 2

USDA Foods Recipe

Ingredients	105 Servings		____ Servings		Directions
	Weight	Measure	Weight	Measure	
Garbanzo beans, canned, low-sodium 	3 #10 cans				<ol style="list-style-type: none"> <li>1. Pre-heat oven to 400°.</li> <li>2. Open cans of beans, drain, and rinse beans well under cool running water.</li> <li>3. Drain beans well and pat dry with towel.</li> <li>4. Mix olive oil and the remaining seasonings in a bowl.</li> <li>5. Add the beans and coat well. Pour them on the sheet pan and spread the beans out evenly.</li> <li>6. Bake for 20 minutes at 400°. Stir the beans around on the pan and bake for another 20 to 25 minutes until crisp and roasted. Beans will turn dark in color.</li> </ol> <p>Notes:</p> <ul style="list-style-type: none"> <li>• 1 #10 can fits perfectly on a sheet pan.</li> <li>• Store at room temperature in an air tight container.</li> </ul>
Vegetable oil		1 ½ cup			
Paprika		2 ½ Tbsp			
Garlic salt		2 Tbsp			
Onion powder		3 Tbsp			
Black pepper, ground		1 ½ Tbsp			

					<ul style="list-style-type: none"> <li>• Serve in soufflé cup, or use to top a salad, or serve as a healthy snack.</li> <li>• If you bake ahead and they are not crisp at time of service, return them back in oven at 400° for 5 minutes to re-crisp.</li> <li>• Can add cayenne pepper to make them spicy.</li> </ul>
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 USDA Foods

Serving Size	1 Serving Provides	Yield
¼ cup	¼ cup vegetable, beans/legumes	105 servings; 25 cups

**Nutrients Per Serving**

Calories	105	Sodium	162.4mg	Vitamin A	94.31 IU
Total Fat	4.57 g	Carbohydrates	12.96 g	Vitamin C	0.05 mg
Saturated Fat	0.60g	Dietary Fiber	2.5 g	Calcium	25.31mg
Trans Fat	0 g	Protein	3.83 g	Iron	0.63 mg
Cholesterol	24.8 mg	Calories from Total Fat	39.91 %	Calories from Saturated Fat	5.10 %

This recipe utilizing USDA Foods was developed by Chef Dee Dee Olson as part of a USDA Team Nutrition grant in 2014.

