

Chick Peas and Green Beans (Tanzania)

Vegetarian Main Meal



This recipe makes
35 x 165g
or 20 x 289g
servings

35 minutes
prep time

1 hour
cooking time

Ingredients

- 2025g Green beans
- 30ml Vegetable oil
- 1025g Chopped onion
- 60g Crushed fresh garlic
- 1820g Canned, chopped tomatoes
- 30g Fresh green chilli
- 60g Fresh ginger
- 25g Ground cumin
- 25g Fresh coriander
- 2820g Canned chick peas
- 15g Black pepper

Method

1. Heat the oil in a large frying pan or wok. Fry the onion and garlic until onions have softened
2. Add the chopped tomatoes, chilli and ginger and stir well
3. Add the beans, cumin and coriander. Simmer for about 5 minutes, stirring frequently
4. Add the drained chick peas and black pepper. Cook on a low heat for 30 minutes
5. Serve hot

35 Primary
or 20
Secondary
portions

Tip =
Serve
with boiled
white and
brown rice

**High
in iron,
folate,
fibre and
vitamin C**

Recipe with
thanks to
Pamela
Lalbachan,
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Direct Services

| Nutritional content | Per 100g | Pri serving | Sec serving |
|---------------------|----------|-------------|-------------|
| Energy kcal | 73 | 120 | 211 |
| Fat g | 1.7 | 2.8 | 4.9 |
| Saturates g | 0.2 | 0.3 | 0.6 |
| Carbohydrate g | 10.8 | 17.8 | 31.2 |
| NME sugars g | 0.0 | 0.0 | 0.0 |
| Fibre/NSP g | 2.6 | 4.3 | 7.5 |
| Protein g | 4.8 | 7.9 | 13.9 |
| Iron mg | 1.7 | 2.8 | 4.9 |
| Zinc mg | 0.7 | 1.2 | 2.0 |
| Calcium mg | 44 | 73 | 127 |
| Vitamin A ug | 29 | 48 | 84 |
| Vitamin C mg | 4.0 | 6.6 | 11.6 |
| Folate ug | 26 | 43 | 75 |
| Sodium mg | 14 | 23 | 40 |