

# Garbanzos Guisados-Stewed Garbanzos

1/3 cup	olive oil or preferred oil
3 T	sofrito
1 T	garlic, diced
1/2 cup	white onions, diced
1/2 cup	red onions, diced
1/2 cup	green onions, diced
1 T	cumin
1 tsp	salt
1 T	thyme
1 T	oregano
1 tsp	pepper
1 cup	calabaza (yellow squash or potatoes are an option)
1/4 cup	tomato sauce
3 cups	drained and washed garbanzo beans
2 cups	vegetable broth (low or no sodium)
2 cups	water
	handful of cilantro or recao

*Modify recipe based on your preferred taste. Ingredients are listed in order to add to pan and cook.*

Heat up olive oil. Start on high heat to begin the cooking process. Start adding each ingredient listed above, giving the ingredients enough time to cook down. This will help you achieve a complex flavor and texture for a good end result.

Once all ingredients are in the pot, bring to boil. Boil on high or med high for 30 minutes. Make sure you stir during this time to get an equal amount of heat throughout the mix. Bring boil down to med low and cover pan for 15 minutes.

Enjoy and Buen Provecho!

*Recipe contributed by Luis and Monica Martinez, My Abuelas Pop Up*



ATLANTA BOTANICAL GARDEN