

Fried Chick Pea Orecchiette



FOODSERVICE

SERVING SIZE: 36

Ingredients

- 4 fluid ounces Water
- 4 1/2 cups **Furmano's Chick Peas**, Drained
- 2 1/4 cups Onion, Minced
- 1 1/2 tablespoons Minced Garlic
- 1/2 teaspoon Crushed Red Pepper Flakes
- 2 teaspoons Salt
- As Needed Black Pepper
- 7 7/8 cups Blanched Broccoli Raab
- 7 7/8 cups Cooked Orecchiette Pasta

In This Recipe



Extra Fancy Chick Peas
(Garbanzo Beans)

Preparation

1. In a large skillet over medium high heat, add Olive Oil.
2. Next add Chick Peas. Saute until Chick Peas begin to brown slightly. Then add Onions and saute until translucent.
3. Next, add Garlic, Red Pepper Flakes, Salt, and Black Pepper. Saute for 2-3 minutes.
4. Add Broccoli Raab and Orecchiette, toss, and heat through.

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