



Middle Eastern Rice with Black Beans and Chickpeas

Oscar · 29/09/2024



Prep Time

50 mins

Difficult

Medium

Servings

8

Description

I got this chickpea and rice recipe from a friend who is from Bethlehem The flavors are just delicious The possibilities of addins are endless

Ingredients

- - 1 tablespoon olive oil - 1 clove garlic
- minced - 1 cup uncooked basmati rice - 2 teaspoons ground cumin - 2 teaspoons ground coriander - 1 teaspoon ground turmeric - 1 teaspoon ground cayenne pepper - 1 quart chicken stock - 1 ½ pounds ground turkey - 2 (15 ounce) cans garbanzo beans (chickpeas)
- drained and rinsed - 2 (15 ounce) cans black beans
- drained and rinsed - 1 bunch chopped fresh cilantro (Optional) - 1 bunch chopped fresh parsley (Optional) - ¼ cup pine nuts (Optional) - salt and ground black pepper to taste

Instructions

1. Heat olive oil in a large saucepan over medium heat. Stir in garlic; cook for 1 minute. Stir in rice
2. cumin
3. coriander
4. turmeric
5. and cayenne pepper. Cook and stir for 5 minutes
6. then pour in stock and bring to a boil. Reduce heat to low
7. cover
8. and simmer for 20 minutes. Meanwhile
9. place ground turkey in a large skillet over medium heat. Cook and stir until crumbly and evenly browned.
Gently stir turkey
10. garbanzo beans
11. black beans
12. cilantro
13. parsley
14. and pine nuts into cooked rice. Season with salt and black pepper. Recipe Tip You can use ground beef
15. lamb
16. or pork instead of turkey.