**Stretching out your canned goods**

**Sweet Potatoes**

**Sweet Potato Dip**

**Ingredients**

* **Can of cut or pureed sweet potatoes**
* **5.3oz plain greek yogurt. Honey or cinnamon flavor can spice this up as well**
* **Apples or graham crackers for dipping**

**Directions**

* + Can of mashed sweet potatoes (if they are cut or whole, just mash them with a fork in a bowel, till there's no more chunks)
  + Couple tablespoons of plain Greek yogurt
  + If you have some ground cinnamon sprinkle on top of dip
  + Eat with apples, or graham crackers

**Skillet Sweet Potatoes**

**Ingredients**

* **Can of cut sweet potatoes**
* **Oil**
* **Salt and cinnamon for taste**

**Directions**

* + Canned whole or cut sweet potatoes, pat dry.
  + Heat Skillet or pan with 2 tsp of oil on medium heat
  + Add potatoes to the skillet or pan
  + Add salt and cinnamon to how much you want to taste
  + Cook potatoes till nice and crispy, about 10 minutes.

**Sweet Potato Pie Oatmeal**

**Ingredients**

* **Can of cut or pureed sweet potatoes**
* **10 oz Oatmeal any brand**
* **Apples or graham crackers for dipping**

**Directions**

* + 10 ounces of steel cut oatmeal any brand or type
  + Cook oatmeal according to package directions
  + Stir in mashed sweet potato (you can mash canned sweet potatoes with a fork in a bowel)
  + Top with maple syrup or brown sugar

**Mashed Sweet Potatoes**

**Ingredients**

* **2 cans (15 oz) of mashed/pureed sweet potatoes (can be mashed by putting the potato in a bowel and mashing with a fork)**
* **tbsp of butter**
* **¼ cup of milk**
* **salt/ pepper**

**Directions**

* + In a pot, heat up the mashed sweet potatoes
  + Add a tbsp of butter
  + Add ¼ cup of milk and salt/ pepper to taste
  + Stir all the ingredients until potatoes are fluffy, it may need more of milk or butter, however you like your mashed potatoes.

**Sweet Potato Chicken Quesadilla**

**Ingredients**

* **1 cans (15 oz) of mashed/pureed sweet potatoes**
* **1 can of black beans**
* **Shredded cheese**
* **1 can of chicken**
* **tortillas**

**Directions**

* + Mash together 1 can of sweet potatoes
  + Mash 1 can of black beans
  + Combine
  + Spread Mashed sweet potatoes and black beans onto one flour tortilla. Top with shredded cheese and shredded chicken (shred canned chicken with a fork if from a can) then place second tortilla on top and flatten
  + In a skillet, cook each quesadilla over medium-high heat until cheese is melted, about 4 minutes, flip and cook for about 2 minutes more.

**Canned Corn**

**Corn** **Casserole**

**Ingredients**

* **1 can of corn drained**
* **1 can of creamed corn**
* **1 cup of sour cream,**
* **1 stick of melted butter (1/2 cup)**
* **1 box of jiffy corn muffin mix.**

**Directions**

* + Throw all the ingredients into a bowl and mix them up
  + transfer to a 8x8 baking pan
  + bake at 350 degrees for about 45 minutes.
  + You can add ½ to 1 cup of shredded cheddar cheese if you like
  + You can even mix in 2 eggs if you like your casserole lighter and fluffier.

**Corn Cakes**

**Ingredients**

* **1 cup canned corn drained**
* **1 egg**
* **¼ cup plus 2 tbsp flour**
* **½ tsp baking powder**
* **salt and pepper.**

**Directions**

* + In a large bowl, mix the corn with the egg until the kernels are coated.
  + Slowly add in the flour and the baking powder to the corn mixture
  + add salt and pepper
  + In a pan heat up oil over medium heat and add a tablespoon of the mixture at a time. Cook for about 3 minutes on each side or until browned.
  + Remove, and repeat for all the other corn fritters.

**Side dish canned corn**

**Ingredients**

* **1 can (15oz) of corn**
* **1 tablespoon of butter**
* **1 garlic clove chopped as small as possible**
* **½ teaspoon of salt**
* **¼ teaspoon of pepper**

**Directions**

* + Drain off half of the liquid from the corn
  + Pour the remaining liquid and corn in a small pan over medium heat
  + Add butter, garlic salt and pepper
  + Simmer until the liquid is almost completely gone (about 5 minutes)

**You can add whatever seasonings you prefer, or adjust hoe much salt and pepper you like.**

**Corn Pudding**

**Ingredients**

* **1 can (15oz) of corn**
* **1 can (15oz) cream-style corn**
* **1 pkg. (8-1/2 oz.) corn muffin mix**
* **1 cup light sour cream**
* **¼ cup butter or margarine**
* **3 eggs**

**Directions**

* + Heat oven to 375F
  + Drain the can of corn
  + In a large bowl, melt the butter
  + Add all the ingredients into the large bowl with the butter. Mix till blended
  + Take some extra butter and spread around a 13x9 inch baking dish
  + Pour the mixture into a 13x9 inch baking dish and back for 35 to 40 mins or until golden brown

**Hearty Ham and Corn Casserole**

**Ingredients**

* **1 can (15oz) of corn**
* **2 cups potatoes**
* **2 cups of cooked ham**
* **¼ cup butter**
* **1 tablespoon chopped onions**
* **1/3 cup flour**
* **1 ¾ cups milk**
* **4 ounce of shredded cheese**
* **salt and pepper**

**Directions**

* + Heat oven to 350F
  + Wash a peel potatoes, cut into cubes
  + Cut up ham into cubs
  + Bring a large pot of salted water to a boil. Add potatoes and cook them until tender but still firm about 15 minutes. Drain the water and let the potatoes cool.
  + Once cool combine potatoes, ham, corn, set aside
  + In a pan melt butter then add the onions. Cook for 2 minutes.
  + Add the flour and stir the mixture till well blended.
  + Gradually add milk and pepper into the pan. Bring to a boil and cook and stir constantly for 2 minutes.
  + Remove the pan from the heat and pour over the ham mixture.
  + Stir mixture well.
  + Take some butter and grease a 11x7 baking dish
  + Pour the mixture into a 11x7 baking dish.
  + Cook casserole COVERED (with aluminum) for 25 minutes. Uncover the casserole and sprinkle with cheese and bake 5 to 10 minutes longer until cheese melts

**Canned Beans**

**Roasted Red Peppers**

**Ingredients**

* **10 oz of whole grain brown rice**
* **4 large bell peppers**
* **1(15oz) can of black beans**
* **1(8oz) can of tomato sauce**
* **1 (13.5oz) can chopped spinach drained**
* **1 (8.75 oz) can corn drained**
* **1 cup shredded cheddar cheese.**

**Directions**

* Preheat oven to 425F
* Prepare Brown rice according to package directions.
* Cut the peppers in half, lengthwise (stem to bottom) Remove seeds and white parts, just like gutting a pumpkin.
* Put a little bit oil in the peppers, make sure its coated the inside of the pepper.
* In a large bowl toss rice with beans, tomato sauce, spinach, corn and ¾ cup of cheese. Toss to mix well.
* Fill each pepper with some rice mixture, Sprinkle the remaining cheese on top.
* Bake the peppers 10 minutes or until peppers are soften and cheese is melted.

**Mexican Bean Soup**

**Ingredients**

* **1 can (16 ounces) butter beans, rinsed and drained.**
* **1 can (15-1/2 ounces) small white beans or navy beans, rinsed and drained.**
* **1 can (14-1/2 ounces) no-salt-added diced tomatoes, undrained.**
* **1 can (4 ounces) chopped green chiles.**
* **1-1/2 teaspoons chili powder.**
* **1/2 teaspoon onion powder.**
* **1-1/2 cups vegetable stock.**

**Directions**

* + In a large saucepan, combine first eight ingredients; bring to a boil.
  + Reduce heat; simmer, covered, until flavors are blended, about 10 minute

**8 ingredient Chili**

**Ingredients**

* **1 tbsp of oil**
* **1 onion**
* **1 green bell pepper chopped up**
* **1 1/4 lbs canned chicken**
* **3 ½ cups of vegetable juice,**
* **2 cans of kidney beans, rinsed and drained.**
* **Salt and pepper to taste**
* **garlic, chili powder seasoning if you like or have on hand.**

**Directions**

* + In pot heat oil on medium high heat.
  + Add chopped up onion, and green bell pepper and sauté until starting to brown, about 3-4 minutes.
  + Drain the chicken and add to the pot.
  + Add seasonings if you have them.
  + Add the vegetable juice and beans to the pot,
  + Turn heat to high until it boils. Reduce the heat to low and cover the pot and cook for 15 minutes.
  + Add salt and pepper to taste.

**Firecracker casserole**

* **1/2 teaspoon salt**
* **4 flour tortillas (6 inches)**
* **1 can (10-3/4 ounces) condensed cream of mushroom soup, undiluted**
* **1 can (10 ounces) diced tomatoes and green chilies, undrained**
* **1 cup shredded cheddar cheese**

**Ingredients**

* **2 pounds ground beef**
* **1 medium onion, chopped**
* **1 can (15 ounces) black beans, rinsed and drained**
* **1 to 2 tablespoons chili powder**
* **2 to 3 teaspoons ground cumin**

**Directions**

* In a large skillet, cook beef and onion until the meat is no longer pink; drain. Add the beans, chili powder, cumin and salt.
* Transfer to a greased 13x9-in. baking dish. Arrange tortillas over the top. Combine soup and tomatoes; pour over tortillas. Sprinkle with cheese.
* Bake, uncovered, at 350° for 25-30 minutes or until heated through.

**Southwest Vegetable Bake**

**Ingredients**

* **3/4 cup uncooked brown rice**
* **1-1/2 cups water**
* **1 can (15 ounces) black beans, rinsed and drained**
* **1 can (11 ounces) corn, drained**
* **1 can (10 ounces) diced tomatoes and green chiles**
* **1 cup shredded reduced-fat cheddar cheese**
* **1 cup salsa**
* **1 cup reduced-fat sour cream**
* **1/4 teaspoon pepper**
* **1/2 cup chopped red onion**
* **1 can (2-1/4 ounces) sliced ripe olives, drained**
* **1 cup shredded reduced-fat Mexican cheese blend**

Directions

* + In a small saucepan, bring rice and water to a boil. Reduce heat; simmer, covered, until rice is tender, 35-40 minutes.
  + Preheat oven to 350°. Place beans, corn, tomatoes, cheddar cheese and rice in a large bowl; stir in salsa, sour cream and pepper. Transfer to a shallow 2-1/2-qt. baking dish coated with cooking spray. Sprinkle with onion and olives.
  + Bake, uncovered, 30 minutes. Sprinkle with Mexican cheese; bake, uncovered, until heated through and cheese is melted, 5-10 minutes. Let stand 10 minutes before serving.

**Canned Carrots**

**Beef and Vegetable Soup**

**Ingredients**

* **1 tbsp oil,**
* **1 pound of ground beef**
* **1 onion, diced.**
* **2 garlic cloves, diced (or garlic seasoning)**
* **1 can (14.5oz) of low sodium beef broth**
* **1 (14.5 ounce) can sliced carrots, drained.**
* **1 (14.5 ounce) can no salt added, cut green beans.**
* **1 can (14.5 ounce) can no salt added, stewed tomatoes.**
* **1 cup cooked egg noodles (optional)**

**Directions**

* + in a pot over medium high heat cook put oil and cook the ground beef until well browned on all sides, stir frequently.
  + With a spoon, scoop out the beef and put in a bowl and set aside.
  + With the remaining drippings in the pot cook the onion and garlic until tender- crisp.
  + Add beef broth, carrots, green beans, stewed tomatoes, and ground beef.
  + Turn heat to high and boil.
  + Once boiled reduce heat to low and cover and let simmer for 10 to 15 minutes, stir occasionally.
  + Stir in cooked egg noodles.

**Lentil soup with bacon**

**Ingredients**

* **2 slices of bacon, cut up (or can substitute bacon bits)**
* **1 red onion, diced.**
* **1 garlic clove, diced.**
* **1 (15ounce) can lentils, drained.**
* **1 (14.5 ounce) can vegetable broth**
* **1 (14.5 oz) can, diced potatoes, drained.**
* **1 can (14.5 oz) can diced carrots, drained.**
* **1 (8oz) can cut green beans, drained.**

**Directions**

* + In a pan cook bacon until crisp or microwave or if you have bacon bits then skip this step.
  + If you have the drippings from the bacon place those in a pot, if not just use oil and cook the onion and garlic until tender about 5 minutes.
  + Stirring occasionally. Add lentils, vegetable broth, potatoes, carrots and green beans over high heat, heat to boil.
  + Reduce heat to low and simmer for 10 minutes to blend flavors, stir occasionally.
  + When serving add bacon bits.

**5 Minute Brown Sugar Glazed Carrots (side dish)**

**Ingredients**

* **3 (14.5 oz) cans of Sliced Carrots**
* **¼ cup butter**
* **¼ cup brown sugar**
* **1 tsp cinnamon**
* **¼ tsp salt**

**Directions**

* + Drain the sliced carrots and set aside.
  + In a pan combine the butter, brown sugar, cinnamon and salt over medium heat
  + Stir mixture until everything is combined and slightly bubbling.
  + Add in the carrots and stir to coat carrots.
  + Cook an additional 2 to 3 minutes
  + Serve Warm!

**Teriyaki Carrots (side dish)**

**Ingredients**

* **2 cans** [**Sliced Carrots**](http://www.delmonte.com/vegetables/carrots/sliced#lo9IuO1CkKgJxDeB.97)
* **1 bottle of Teriyaki Sauce**
* **Almonds sliced**
* **Green Onion sliced**

**Directions**

* + Empty 2 cans of Carrots into a microwave-safe bowl; cover. Heat 4 to 5 minutes on HIGH. Drain.
  + Add as much or as little Teriyaki Sauce, Almonds, and Green Onion before serving.

**Peas**

**Pesto Parmesan Peas**

**Ingredients**

* **2 cans of 15oz sweet peas**
* **A jar of Pesto**
* **Parmesan Cheese**

**Directions**

* + Empty 2 cans of peas into a microwave-safe bowl; cover. Heat 4 to 5 minutes on HIGH. Drain.
  + Add as much or as little Pesto and Parmesan Cheese before serving.

**5 minute peas (side dish)**

**Ingredients**

* **15 oz can of green peas**
* **2 Tbsp unsalted butter**
* **½ tsp kosher salt**
* **½ tsp black pepper**
* **1 tsp granulated white sugar**
* **½ tsp onion powder**
* **½ tsp garlic powder**

**Directions**

* + Open the can of green peas and pour off the water in the can.
  + Add a ½ cup of fresh water to the peas and pour the peas and water into a small pan.
  + Place the pan over medium heat on the stove top.
  + Add the butter, salt, pepper, onion powder, sugar, garlic powder to the peas
  + Heat over medium heat stirring occasionally until the butter is melted and the peas are heated through

**Another 5-minute Savory Peas (side dish)**

**Ingredients**

* **2 Tablespoons olive oil**
* **1 medium onion**
* **1-2 cloves garlic, minced**
* **2 cans of 15 oz peas (if you just have one can recipe can still work, just cut other ingredients in half)**
* **1/4 cup beef stock**
* **Salt and pepper to taste**

**Directions**

* + Drain peas
  + Cut onion into as small pieces as possible
  + Cut the garlic as small as possible
  + Heat the olive oil in a large pan over medium heat. Add the cut onions and cook until translucent.
  + Add the garlic and peas, and continue to cook for about 2 minutes, stirring to combine the ingredients.
  + Add the beef stock, salt and pepper to the pan, and stir to coat evenly.
  + Change the heat to low and leave to simmer for about 20 minutes, stirring occasionally.
  + Remove from heat and serve warm.

**Creamed Peas with Canned Peas (side dish)**

**Ingredients**

* **15 ounces canned peas, do not drain**
* **2 Tablespoons butter**
* **2 Tablespoons flour**
* **1/4 cup milk**
* **1/4 teaspoon salt**
* **1/8 teaspoon black pepper**

**Directions**

* + Heat undrained [peas](https://amzn.to/2YJ6Exb) in a small saucepan.
  + In a second small pan; melt butter. Add flour and stir fast for 30 seconds.
  + Add milk to the butter mixture, stirring over medium heat until thickened.
  + Pour the mixture into the peas, and continue to cook until thickened to your desired consistency. Add salt and black pepper, and stir before serving.

**Quick Sweet Pea Soup**

**(will need a blender or electric mixer to blend ingredients!)**

**Ingredients**

* **2 Tbsps. butter or vegetable oil**
* **1 cup chopped onion**
* **2 can (15oz.each)**[**Del Monte® Sweet Peas**](https://www.delmonte.com/node/20703)**, drained**
* **2 cups fresh baby spinach**
* **4 tsps. fresh lemon juice**
* **3½ cups College Inn® Chicken Broth, divided**

**Optional:**

* **¼ cup heavy cream or sour cream or plain Greek yogurt**
* **Croutons for topping**

**Directions**

* + Melt butter in a medium pot over medium-low heat. Cook onion about 10 minutes or until lightly browned and soft, stirring frequently.
  + Blend onion, peas, spinach, lemon juice, thyme and 2 cups chicken broth in a blender or electric mixer until very smooth.
  + Put blended mixture in the onion pot.
  + Stir in remaining broth.
  + Let the soup cook for 5 minutes, stirring occasionally. (Stir in cream, if desired)
  + Set to low heat and cook another minute. DO NOT BOIL.
  + Top with croutons, if desired.

**Canned Mushrooms**

**Chicken Mushroom Fettuccine Alfredo**

**(you can ditch the chicken and have a meatless meal!)**

**Ingredients**

* **1/2 cup**[**butter**](http://pyum.co/SaltedButterMarch18)**, divided**
* **2 cloves garlic, or a pinch of garlic salt**
* **1 can (8oz) of mushrooms (if going meatless 2 cans of mushrooms)**
* **1 cup heavy whipping cream**
* **1 pound fettuccine**
* **2 cans of chicken chunks or two breast of chicken**
* **1/2 cup Parmesan cheese**
* **Salt and pepper**

**Directions**

* + Drain the mushrooms
  + If having dish with chicken breasts, salt and pepper chicken breasts each side and cook in a pan, set aside chicken.
  + Cook the fettuccine in a large pot according to package directions. Drain fettuccine and reserving 1 cup of the pasta water and return to pot. Cover to keep warm and set aside
  + In a large pan place 2 tablespoons of the butter, add the garlic and mushrooms. cook – 10-15 minutes. Add the cream and the rest of the butter. If eating with chicken, add at this point. Simmer over low heat.
  + Add mushroom sauce to the fettuccine in the pot. Mix sauce and fettucine.
  + Add Parmesan and up to 1 cup of reserved pasta water as needed to get the consistency right.
  + Season with salt and pepper

**Mushroom Omelet**

**Ingredients**

* **2 eggs**
* **Milk**
* **1 can of canned mushrooms (can cut up if you want smaller pieces)**
* **Cheese (optional)**
* **Bacon or sausage or ham (optional)**
* **Salt, pepper**
* **Onion and garlic powder (if on hand)**
* **Butter**

**Directions**

* + Drain mushrooms, pat with paper towel to make sure they are dry
  + Lightly butter pan on medium low heat.
  + In a bowl, whisk eggs with a fork. Add as little or much milk you prefer in your eggs.
  + Pour into pan
  + Sprinkle mushrooms, meats (if need cooked, cook prior), cheese and cook for 4 minutes or until edges start looking dry
  + Flip over the omelet and cook for 2 more minutes and fold in half. Before serving make sure everything is fully cooked and hot.

**Rice with Mushroom**

**Ingredients**

* **1/4 cup chopped green pepper**
* **2 tablespoons chopped onion**
* **2 teaspoons butter**
* **1 can (8 ounces) mushroom, drained**
* **2/3 cup water**
* **1/3 cup uncooked long grain rice**
* **1 teaspoon chicken bouillon granules**
* **Salt and pepper**

**Directions**

* + In a pan, melt butter and add green pepper and onion until tender.
  + Add mushrooms; heat through. Stir in the water, rice, bouillon, salt and pepper.
  + Bring to a boil. Reduce heat; cover and simmer for 14-16 minutes or until liquid is absorbed and rice is tender.

**Homemade Cream of Mushroom Soup (need a blender or electric blender)**

**Ingredients**

* **6 Tbsp**[**butter**](https://myculturedpalate.com/making-butter/)
* **1 large onion chopped**
* **2 cloves garlic chopped as small as possible**
* **4 8oz canned mushrooms**
* **1/3 c. unbleached white flour**
* **2 c. beef broth or chicken broth**
* **1 1/2 c. milk**
* **1 1/2 tsp**[**salt**](http://www.shareasale.com/r.cfm?b=144132&u=982008&m=19017&urllink=&afftrack=)

**Directions**

* + Drain canned mushrooms
  + In a pot melt butter and add onion and garlic cook till tender.
  + Mushrooms and cook about 10 minutes - stir frequently.
  + Using a wire whisk, in a bowl blend the flour into the milk until smooth.
  + Add milk and beef or chicken broth to mushrooms.
  + Heat stirring constantly until thickened.
  + At this point, you may put the soup in a blender or use an electric mixer.

**Canned Green Beans**

**How to make canned green beans taste better (side dish)**

**Ingredients**

* **1 can green beans any cut, see note**
* **1 tablespoon butter**
* **1/2 teaspoon onion powder**
* **1/4 teaspoon**[**salt**](https://redmond.life/shop/real-salt-shaker-10-oz/with/longbournfarm/?campaign=Regular%20salt)
* **1/4 teaspoon pepper**

**Directions**

* + Drain half of the liquid out of the green beans.
  + Pour the green beans and the reserved half of the canning liquid into a pan.
  + Add butter, onion powder, salt and pepper.
  + Simmer, uncovered and stirring occasionally, until almost all of the cooking liquid has evaporated.
  + Taste and adjust seasonings if necessary.

**You can scale this recipe up as needed, make 2 or 3 cans at a time and just adjust the seasonings accordingly.**

**How to make canned green beans taste better but with bacon (side dish)**

**Ingredients**

* **3 15 oz cans green beans, any style, drained**
* **6 slices bacon, each cut into 4 pieces (I used applewood)**
* **1/2 cup onions, chopped**
* **1-2 cloves garlic, chopped finely**
* **1 1/2 sticks butter**
* **Salt & pepper to taste**

**Directions**

* + Drain green beans
  + In a pan, cook bacon until crispy, then remove and set aside (don't drain the grease).
  + Add onions and garlic to pan and cook until translucent.
  + Add butter.
  + Add green beans and bacon to the pan.
  + Cover and stir occasionally until butter has melted and green beans are heated through.
  + Salt and pepper to taste.
  + Enjoy!

**You can scale this recipe up as needed, make 1 or 2 cans at a time and just adjust the seasonings accordingly.**

**Italian Green Beans with Parmesan Cheese**

**Ingredients**

* **2 tablespoons butter**
* **1/2 teaspoon garlic chopped finely**
* **1 teaspoon**[**Italian seasoning**](https://www.tastesoflizzyt.com/homemade-italian-seasoning-recipe/)
* **1/2 cup breadcrumbs**
* **1/2 cup Parmesan cheese**
* **2 canned 8 ounces green beans**
* **Salt to taste**

**Directions**

* + Drain and pat dry the green beans
  + In a pan, melt the butter over medium heat. Add the garlic, Italian seasoning, bread crumbs and parmesan cheese. Stir to coat and saute over medium heat until the bread crumbs start to brown, about 3-4 minutes.
  + Add the green beans to the frying pan and stir to coat.
  + Season with salt, to taste, and serve hot.

**Greek Green Beans**

**Ingredients**

* **2 tsp. olive oil**
* **1/3 cup chopped onions**
* **3 cloves garlic, minced**
* **2 cans of 14.5oz green beans**
* **1 can diced tomatoes**
* **1/4 cup tomato sauce**
* **salt and pepper to taste**

**Directions**

* + Drain beans and tomatoes
  + Heat oil in medium pan over medium heat. Add the onions and cook until soft. Add the garlic to the pan and cook an additional minute. Add the beans to the pan, stir in the tomatoes, and tomato sauce.
  + Season with salt and pepper and simmer the beans for 10 minutes.

**Green bean casserole**

**Ingredients**

* **4 cans (14.5oz.each) Green Beans**
* **2 can (10½ oz. each) Condensed Cream of Mushroom Soup**
* **1 cup milk**
* **2 tsps. soy sauce**
* **¼ tsp. black pepper**
* **2⅔ cups French's® Crispy Fried Onions, divided**

**Directions**

* + Heat oven at 350F
  + Drain Beans
  + Stir soup, milk, soy sauce, black pepper, beans and 1 1/3 cups onions in a 3-qt. casserole.
  + Bake at 350° F, uncovered, 25 minutes or until bean mixture is hot and bubbling. Stir bean mixture. Sprinkle with remaining onions.
  + Bake 5 minutes longer or until onions are golden brown.

**Crispy Crunchy Chickpeas (Garbanzo beans)**

**Directions**

* + Preheat oven to 350 degrees F and set out a bare baking sheet (or more, as needed).
  + Drain chickpeas well. If using oil, rinse well with water and thoroughly drain.
  + Once drained well, spread the chickpeas out on a clean, paper towel and use your hands to gently roll and dry the chickpeas.
  + Some of the skins should start coming off. You can opt to peel all of the chickpeas – which can help for extra crispiness! – or simply remove the skins that come off. Either way, the chickpeas will crisp up. I just found that peeling them does yield slightly crispier chickpeas.
  + Transfer the chickpeas to a mixing bowl and top with 1 tablespoon oil and salt. Mix well to combine. DO NOT add the other seasoning at this point – it can interrupt the crisping process, so wait to add until after baking.
  + Bake for a total of 45-50 minutes or until golden brown and dry/crispy to the touch. I like turning my pan around and shaking the chickpeas around at the halfway point for even cooking.
  + Remove from oven and toss with seasonings (if desired) while still warm. Then let cool 5-10 minutes – they will continue crisping as they cool.

To store, place in a storage container or jar and DO NOT tightly cover. Instead, crack lid so they can “breathe” a bit. These are best in the first day, but they will last for 4-5 days at room temperature.

**Seasoning options for crispy crunchy chickpeas**

**Honey Cinnamon**

* **1 tsp ground cinnamon**
* **1 TBL granulated sugar**
* **2 TBL honey**

**Sesame Seed**

* **1 tsp sesame oil**
* **1 tsp garlic powder**
* **½ tsp sea salt**
* **1 TBL sesame seeds**

**Garlic**

* **1-2 tsp garlic powder or 2 cloves fresh minced garlic**
* **¼ tsp fresh cracked pepper**
* **½ tsp sea salt**

**Spicy**

* **1 tsp ground cumin**
* **1 tsp chili powder**
* **½ tsp cayenne pepper**
* **½ tsp sea salt**

**BBQ**

* **2 tsp paprika**
* **1 tsp cumin**
* **1 tsp chili powder**
* **1 tsp onion powder**
* **1 tsp garlic powder**
* **1 tsp salt**
* **3 tsp brown sugar**

**Ranch**

* **½ a packet of Hidden valley dry ranch seasoning or try their fiesta ranch packet**

**Taco**

* **½ packet of taco seasoning**

**Parmesan, Garlic, and Rosemary Roasted Chickpeas**

* **1 tsp chopped garlic  
  ½ tsp chopped fresh rosemary  
  2 Tbsp shredded parmesan  
  ¼ tsp salt**

**Chili Lime Roasted Chickpeas**

* **2 tsp chili powder**
* **-½ Tbsp lime juice**
* **1 tsp cumin**
* **¼ salt**