



# VERACRUZ GARBANZO BEANS

## *The Traveling Palate*

Furmano's evokes flavors from the majestic coast of Mexico with this foodservice flavor destination. Explore Veracruz garbanzo beans - perfectly textured beans in a light and delicious garlic, lime sauce. Transform any meal into a culinary adventure with **Furmano's Discovery Collection**.



Queso Fresco Chicken  
with Garbanzo Ragout

*Distinct flavors from around the world*



Painted Desert  
Chili Beans



Smoky Mountain  
Pinto Beans



Floribbean  
Black Beans



Tuscan  
White Beans



Cajun  
Red Beans



Veracruz  
Garbanzo Beans



# VERACRUZ GARBANZO BEANS

*Garbanzo beans in a light and delicious garlic, lime sauce*

## FEATURES & BENEFITS

- Authentic flavors from around the world.
- Labor saving, ready-to-serve flavored beans.
- Add your own twist for a signature dish.
- Consistent flavor profile from recipe to recipe.
- Reduce the need to store other ingredients to create a finished side dish.
- We use only the highest quality beans available:
  - Uniform bright color.
  - Whole beans, slightly soft, slightly firm texture.
- Healthy, high in fiber, good source of protein, low fat, cholesterol free food.

## INGREDIENTS:

Chick Peas, Water, Tomatoes, Green Chiles, Salt, Granulated Garlic, Tomato Paste, Lime Juice, Granulated Onion, Modified Food Starch, Cumin, Spice, Soybean Oil, Red Pepper Flakes.

## Nutrition Facts

Serving Size 1/2 cup (123g)  
Servings Per Container About 26

Amount Per Serving		Calories from Fat 15	
		% Daily Value*	
<b>Calories</b>	110		
<b>Total Fat</b>	1.5g		2%
Saturated Fat	0g		0%
Trans Fat	0g		
<b>Cholesterol</b>	0mg		0%
<b>Sodium</b>	590mg		25%
<b>Total Carbohydrate</b>	18g		6%
Dietary Fiber	4g		16%
Sugars	1g		
<b>Protein</b>	5g		
Vitamin A	2%	Vitamin C	0%
Calcium	4%	Iron	8%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your total calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat. Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories Per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

## QUESO FRESCO CHICKEN WITH GARBANZO RAGOUT

Makes 4 servings

- 4 chicken breasts, skinless and boneless, 8 oz. each
- 1 cup queso fresco, crumbled

### Bread Crumb Topping:

- 1 1/2 cups panko bread crumbs
- 3 tbsp. olive oil
- 1 tbsp. oregano, dry
- 2 tbsp. tajo cheese (or parmesan), grated

### Garbanzo Ragout:

- 2 tbsp. olive oil
- 1/4 cup diced onion
- 2 cups Furmano's Garbanzo Veracruz Beans

1. To stuff chicken breast, slice a pocket lengthwise in the side of the chicken. Add 1/4 cup of queso fresco into the pocket.
2. In a saute pan over medium high heat, add a little olive oil. Sear the stuffed chicken breasts on both sides. Remove chicken to a roasting pan. Preheat oven to 375°F.
3. Mix all ingredients for the bread crumb topping in a large plastic storage bag. When fully incorporated, top each chicken breast with bread crumb topping. Place in oven and roast for 15 minutes or until internal temperature of 165°F is reached.
4. In the same saute pan used to sear the chicken, add the olive oil and then onions. Saute until translucent.
5. Next, add Furmano's Garbanzo Veracruz. Heat to 165°F.
6. Serve stuffed chicken over rice in a pool of ragout.



Order # Case UPC	Label UPC	Product	Storage Temp	Shelf Life	Kosher
41188-11413	41188-04721	Veracruz Garbanzo Beans	65°F	24 Months	U

Consult with Furmano's Corporate Chef for menu ideas and plating costs.

For more information call 1-877-877-6032 M-F 9am - 4pm EST  
Furmano Foods, P.O. Box 500, Northumberland, PA 17857-0500  
Visit [www.FurmanosFoodservice.com](http://www.FurmanosFoodservice.com) for more recipes.