

# Middle Eastern Rice with Black Beans and Chickpeas

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

Recipe by **JULIEP** | Updated on April 24, 2023

**Prep Time:** 15 mins

**Cook Time:** 35 mins

**Total Time:** 50 mins

## 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

## Directions

### Step 1

Heat olive oil in a large saucepan over medium heat. Stir in garlic; cook for 1 minute. Stir in rice, cumin, coriander, turmeric, and cayenne pepper. Cook and stir for 5 minutes, then pour in stock and bring to a boil. Reduce heat to low, cover, and simmer for 20 minutes.

### Step 2

Meanwhile, place ground turkey in a large skillet over medium heat. Cook and stir until crumbly and evenly browned.

### Step 3

Gently stir turkey, garbanzo beans, black beans, cilantro, parsley, and pine nuts into cooked rice. Season with salt and black pepper.

## Tips

You can use ground beef, lamb, or pork instead of turkey.

## Nutrition Facts

---

Per serving: 453 calories; total fat 12g; saturated fat 3g; cholesterol 65mg; sodium 1174mg; total carbohydrate 56g; dietary fiber 12g; total sugars 1g; protein 31g; vitamin c 18mg; calcium 108mg; iron 7mg; potassium 764mg