

# Instant Pot Chickpeas

@healthful\_dwelling \* healthfuldwelling.ca

## INGREDIENTS

6 cups dried chickpeas

12 cups water

## INSTRUCTIONS

Add all ingredients into an instant pot.

Cook on high pressure for 40 minutes. Allow a 20 minute release.

Before you release the valve, unplug the pot and put it in the sink. Now place a rag over the valve. Turn the valve to open while rag stays in place and allow it to release all of the pressure. Chickpeas always spew water everywhere and make a big mess if this is not done properly.

Strain the liquid out through a sieve. Allow chickpeas to cool. Use as desired.

These are excellent for freezing. I freeze in a large ziplock bag. Once frozen a gentle drop onto the counter breaks them apart.

